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Glee star's autopsy out

Cory Monteith overdosed on a combination of alcohol and heroin, coroner finds

PAGE 8

MLA busted in prostitution ring

Alberta politician has resigned from the governing Tory caucus after being arrested by Minnesota police

PAGE 3

DELAET BLOOMER

HE'S PAID HIS DUES. NOW GRAHAM DELAET WILL BE THE SOLE CANADIAN AT THE BRITISH OPEN

PAGE 25



IF IT HAPPENS AGAIN ...

Calgary experienced some of the worst flooding it's seen in its history, including this flooding in Mission on June 21. Metro examines options on what can be done to mitigate future flood disasters in the city. See story, pages 4-5. **METRO FILE**

Stampede crime, cab complaints drop from 2012

'Different vibe.' Police see more positive attitude on fair grounds this year



JEREMY NOLAIS
jeremy.nola@metronews.ca

Most of the 1.1 million cowpokes who strapped on their boots and headed down to the Calgary Stampede grounds this year were on their best behaviour and had fewer troubles getting to and from the grounds.

Figures being analyzed by Calgary police indicate a 50 per cent drop in calls for service when compared to the 2012 centennial running of The Greatest Outdoor Show on Earth.

"There seemed to be a bit of a different vibe down there this year," said Insp. Barry Balerud, who's served on the grounds in three Stampedes. "I think people were a bit more sympathetic because of the flooding; people were down there to enjoy themselves, and we had a lower number of undesirable people that came down to the Stampede this year."

Cab service, a common sour note for many a weary Stampede reveller, also appears to have improved, according to chief livery officer Marc Halat.

He said patron complaints dropped to 17 from 29 last year and just two were related to poor service.

The city did have to adjust on the fly its plans for new Stampede taxi queues, but Halat still believes the remaining spots on the westbound curb lane of 14 Avenue S.E. and 12

Avenue at 3 Street S.E. were well used. Wait times were rarely more than 30 minutes.

Halat does see room to grow, however, and wants to revisit establishing a single site for taxi drivers and customers alike to line up during Stampede in the right hand lane of northbound Macleod Trail. Plans to try out such an arrangement for this year's Stampede were scrapped amid safety fears.

"I still want Macleod Trail. Somehow, come hell or high water, I've got to make that work," Halat said, adding that he's concerned that drivers would get lazy and attempt to drop and pick up customers in the lane to the left of the designated queue.

Follow Jeremy Nola on Twitter @Metro_Nola



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Creator pulls device. Bylaw boss will look to replace Noise Snare 'sooner rather than later'

Technology must fit with city legislation, not the other way around, says Calgary's bylaw boss, who offered insight Tuesday on why the creator of the contentious Noise Snare has pulled the device from city streets.

Inventor Mark Nesdoly said Monday evening he'd terminated an agreement with the city ahead of a second snare trial locally because it wasn't being used properly by bylaw officers enforcing a "hard limit" of 96 decibels and ticketing motorists whose vehicles exceeded that threshold.

But Tracy Bertsch, director of Calgary animal and bylaw services, defended that practice Tuesday, claiming it would produce the most concrete evidence if a ticket was challenged in court.

"We are required to ensure that we have an officer that can review the findings, document the findings and, if so (required), provided testimony," she added.

The Noise Snare pilot project came at no cost to the city, Bertsch said, adding she hopes to find a replacement device "sooner rather than later."

In the meantime, "a select few" bylaw officers will continue to be equipped with handheld noise-measuring devices, something Bertsch said was already done before the snare pilot began. She conceded, however, the department would be cancelling any plans for targeted noise enforcement this summer, which would have been similar to a police photo-radar enforcement.

During the first trial of the Noise Snare last summer, city officials reported just one ticket being issued.

JEREMY NOLAIS/METRO

Tory caucus. MLA arrested in U.S. prostitution sting, resigns

An Alberta politician has resigned from the governing Progressive Conservative caucus after being arrested by Minnesota police in a prostitution sting.

Mike Allen, the member of the legislature for Fort McMurray-Wood Buffalo, was arrested by St. Paul police Monday night.

Allen, 51, was in the city attending a midwestern legislative conference.

The website of the St. Paul Pioneer Press reports that po-

lice allege Allen responded to an ad, met two female undercover officers and agreed to pay for sexual services.

Allen says in a statement that he takes full responsibility for his actions.

"I apologize to my family, friends, my constituents, my colleagues, my staff and to all Albertans for the embarrassment I have caused and for failing to live up to the standards expected of me and the standards I expect of myself," he said in the statement re-

leased Tuesday.

"I made this mistake of a profound lapse of personal judgment. It is my mistake, for which there is no excuse, and for which I accept full responsibility."

Allen has also resigned from all legislative committees he is involved with.

Tory whip Steve Young says Allen called him Tuesday morning, told him about the arrest and offered his resignation, which Young accepted.

THE CANADIAN PRESS



MLA Mike Allen THE CANADIAN PRESS

Provincial flood maps cause confusion: Nenshi

'Still a lot of questions.'
Municipalities lament not being consulted on new flood policy



KATIE TURNER
katie.turner@metronews.ca

Maps outlining floodways and areas in the flood fringe released by the province have created more questions than solutions, according to Calgary's mayor.

The provincial government announced Sunday a new policy barring new development in mapped floodways, and preventing further flood recovery funding for those who choose to rebuild in these areas; however, president of the Alberta Urban Municipalities Association (AUMA) Linda Sloan said the decision was made without consulting with the impacted communities.

"Aside from two phone calls notifying me of the province's intention to do this, we were not consulted," she said. "I think there's still a lot of questions about how the province intends to apply the policy."

Mayor Naheed Nenshi said he too has several questions



Mayor Naheed Nenshi addresses reporters following a city committee meeting in northeast Calgary Tuesday.

KATIE TURNER/METRO

Flooding damage

\$256.6M

Initial estimates pegged the cost of flooding damage to Calgary infrastructure at \$256.6 million. Mayor Naheed Nenshi said Tuesday he expects the actual cost to be two or three times the initial estimate.

and added the province used 1983 data to compile the maps.

"We don't know how many homes are in the pink and red zones because we don't know what maps we should be using," he said. "The expert opinion is vastly different; entire neighbourhoods whether they should or should not be on the list are part of that difference in expert opinion and we have to get that sorted."

Nenshi said he understands the province's need to move quickly, but said homeowners

and businesses need straight answers.

"We really need to get clarity to people and I think, unfortunately, what we've done is got more confusion."

Kathleen Range, spokesperson for the Minister of Municipal Affairs, said Tuesday "as far as what we're going to be doing going forward with flood mitigation and so forth, we will be consulting with municipalities."

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The Red River Floodway expansion, begun in 2005, can divert up to 4,000 cubic metres of water per second. CONTRIBUTED/MANITOBA FLOODWAY AUTHORITY

Built in the pancake-flat and low-lying bed of an ancient glacial lake, Winnipeg is extremely vulnerable to flooding.

But even after the catastrophic flood of 1950, Manitobans weren't convinced a major diversion of the Red River would be worth the cost.

When then-premier Duff Roblin proposed the second-largest earth-moving project in world history — just behind the Panama Canal — critics scoffed and derisively dubbed the plan "Duff's Ditch" and "Roblin's Folly."

After much debate, however, the project eventually went ahead, and after its completion in 1968, the Red River Floodway has been credited with saving Winnipeg from disaster on numerous occasions.

"If we hadn't responded as a province after the 1950 flood ... Winnipeg wouldn't be half

of what it is today," said Manitoba Infrastructure Minister Steve Ashton.

Costly projects always come with controversy, but Manitoba Premier Greg Selinger said they are "definitely easier" in the wake of a major event, such as the flood of 1997, that led the province to double the size of the Floodway.

"The philosophy we've always had in Manitoba is you take your worst experience, and you try to build your protection in to deal with the worst experience, plus some additional protection," he said.

"It makes a big difference for the economy, but most importantly, it makes a big difference in people not having their lives dislocated and bent out of shape."

ROBSON FLETCHER/METRO

Plan B. 'Undevelopment'

When protecting developed areas from flood or other natural disasters is too costly or difficult, another option is "undeveloping" high-risk zones.

"This is what they do in California and other jurisdictions for landslides," said Jerry Osborn, a professor of geoscience at the University of Calgary.

"The government actually buys up the front row of houses and as the slope gradually moves back with little landslide events, the front row of houses moves back with it."

While this option depends heavily on economics, politics and attitudes about who should bear the brunt of costs associated with flood mitigation, Osborn said it's "something to consider" in Calgary.

Even after undertaking major flood-protection projects,



Some governments simply buy the homes in flood-prone areas. METRO FILE

the Manitoba government opted for this approach in some areas after the major flood of 1997 and again in 2009.

"It just made sense," said Manitoba Infrastructure Minister Steve Ashton, adding that the homes the province bought were in areas that "just couldn't feasibly be protected."

ROBSON FLETCHER/METRO

Major projects. Some jurisdictions invested heavily in protection measures in the wake of devastating floods



ROBSON FLETCHER
robson.fletcher@metronews.ca

When the Bow and Elbow rivers rose higher and spilled deeper into Calgary than they had in a lifetime, the immediate question on many people's minds was: How could this happen?

As the city transitions from flood relief to flood recovery, the question will likely shift as well. Many Calgarians will now be wondering: How can we make sure this doesn't happen again?

Calgary — and southern Alberta in general — is not the first jurisdiction to grapple with this question in the aftermath of a devastating flood. Southern Manitoba went through a similar process after the flood of 1950 wiped out 10,000 homes in Winnipeg. So, too, did the Netherlands, after an enormous flood in 1953 killed more than 1,800 people.

In response, Manitobans built the Floodway, a massive diversion of the Red River around the province's capital and most populous city. The Dutch, meanwhile, developed the Delta Works, a complex system of dikes, storm-surge barriers and channels.

Decades later, these flood-protection measures were nearly overwhelmed by even more severe high-water events. The Netherlands experienced extensive river flooding in 1993 and 1995, while Winnipeg

came within inches of a catastrophe during the "Flood of the Century" in 1997.

Shortly afterward, both undertook new projects to bolster their flood protection.

Manitoba more than doubled the capacity of the Floodway to 4,000 cubic metres per second, offering 1-in-700-year protection. The project cost \$665 million.

Faced with more complex geography and greater urban development, the Netherlands undertook a more complicated plan dubbed the Room for the River Program, which consists of nearly three dozen small to medium-sized projects along the Rhine, Meuse, Waal and IJssel rivers.

The \$3.1-billion undertaking will ensure up to 1-in-10,000-year flood protection in some areas, according to project manager Hans Brouwer, who said the Dutch take their pro-

jects to a level that may seem excessive to North Americans.

"American journalists ask us: 'Why do you protect for 1 in 10,000? That's ridiculous.' But the answer is, if you see what you have to invest ... and you compare that with the damage you avoid in terms of lives and in terms of economy, then it's well worth it to do so," Brouwer said.

Manitoba Premier Greg Selinger holds a similar view.

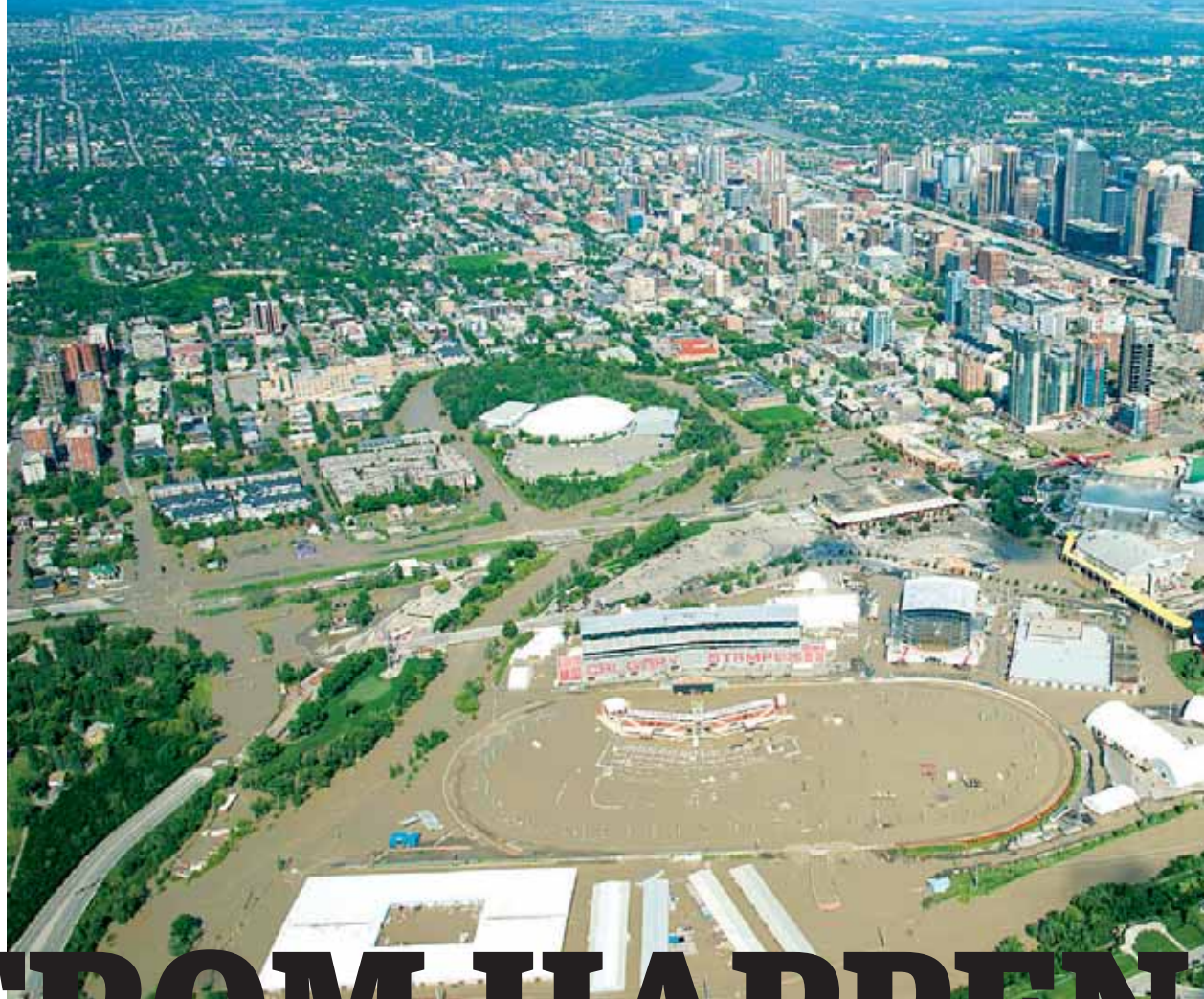
"I think history has proven that these investments pay off," he said. "Every dollar we have invested has protected us from about \$30 in damage."

Other jurisdictions have done the math, however, and come to different conclusions, according to Jerry Osborn, a professor of geoscience at the University of Calgary.

"It's an interesting economic trade," he said. "And, in some cases, I know they've decided

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FROM HAPPEN



THIS



"The important thing to remember is that it can occur again. It may take a while, it may take a long while, but if it happens once, it can happen twice."

Manitoba Premier Greg Selinger

JONATHAN HAYWARD/THE CANADIAN PRESS

Calgary waterways: 'Park' versus peril

Calgary's flood of 2013 came as a shock to many residents, as most had never seen the city's rivers rise to the levels they reached in late June.

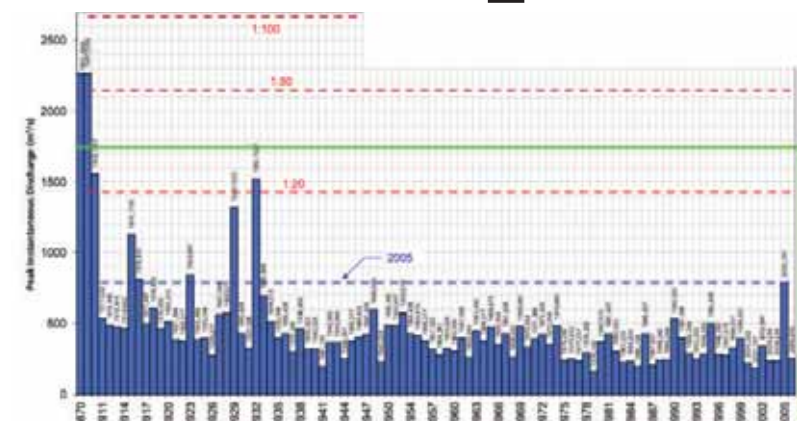
But there was a time when summer flooding was more top-of-mind for Calgarians, after numerous floods in the late 19th and early 20th centuries.

"Long-time residents had grown accustomed to the occasional and sometimes spectacular inundation during the annual early summer runoff," write Matthew Evenden and his co-authors in their 2009 book, *The River Returns: An Environmental History of the Bow*.

As subsequent decades passed without any major flooding, however, Evenden said people began to look at the river differently.

Due to a range of factors, including the removal of river-side railroad tracks and improved wastewater treatment, he said popular perception shifted toward recreation and "river as park."

Proposed flood-control projects even became a source of public anger in the 1970s,



Peak flow in the Bow River measured at Calgary. The green line depicts the 2013 flood, the dashed blue line the 2005 flood. The two highest bars at the left depict the floods of 1870 and 1897. DATA FROM ALBERTA ENVIRONMENT/GRAPH BY CALGARY RIVER VALLEYS

Evenden noted, as Calgarians protested the esthetic impact they would have on the river environment.

City officials "took a lot of crap from homeowners' associations" in the 1970s just for developing more detailed flood maps, said Jerry Osborn, a professor of geoscience at the University of Calgary.

"They don't want the city to publicize the hazard in the 100-year flood zone, because it

lowers their property values," Osborn said.

But that hazard has become glaringly apparent now, said Don Schaefer, whose home in Elbow Park suffered massive damage and may have to be torn down.

"Property values in these neighbourhoods that were impacted will be impacted for a long, long time," said Schaefer, who still plans to rebuild in the same place, and wonders if the

city or province will undertake any major flood-protection projects in the coming years.

Evenden figures it's likely.

"There's often a very strong reaction towards big infrastructure projects immediately following major floods," he said.

"I can't imagine a situation where people will look upon the Bow River except in a new and different light."

ROBSON FLETCHER/METRO

ING AGAIN?

the expense of a dam or other solution to do flood control for a big city is not worth it."

And while the damage from Calgary's flood is still being added up, Osborn thinks the final tally will far outweigh the cost of similar flood protection measures here.

Initial estimates peg damage to city-owned assets alone as high as \$500 million, and private losses are projected to be in the billions.

"I'm sure you could build a number of dams for \$3 billion," Osborn said.

The trick, he noted, is figuring out exactly what kinds of protection measures would work best for southern Alberta.

That remains a difficult and open question, one to which neither the municipal nor provincial government could immediately provide a detailed answer.

"I've got some ideas on

things we need to do around prevention and mitigation," Mayor Naheed Nenshi said, but he declined to get into specifics.

Environment Minister Diana McQueen, meanwhile, replied with a written statement saying, "We will continue to find new and better ways to prepare for and mitigate the impacts of severe flooding." Again, no specifics.

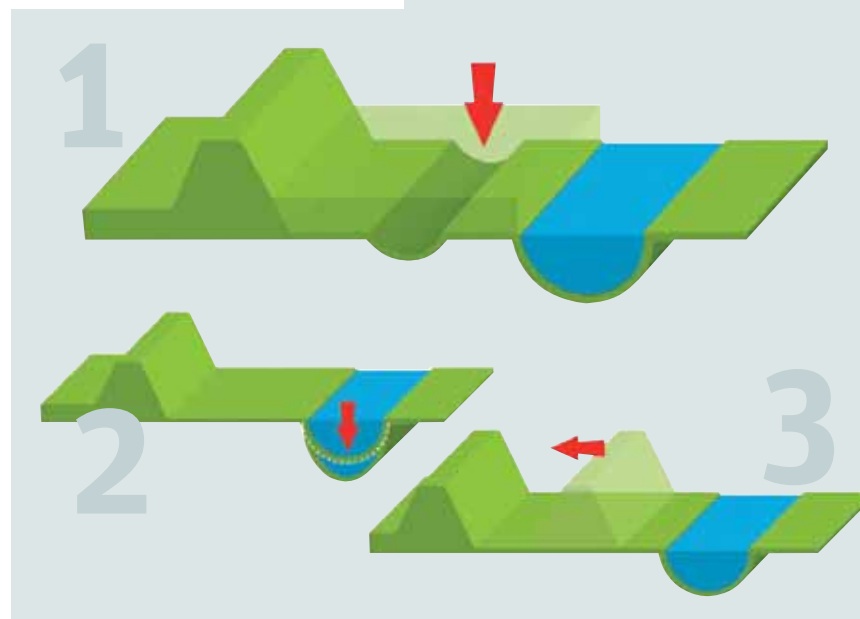
The issue does appear to be on the radar, though — and not just because of the latest flood. In mid-June, the city issued a request for proposals, seeking a "qualified consulting firm to conduct a study of conceptual design options for permanent river flood protection structures within Calgary."

Ironically, the initial response deadline had to be extended as city hall found itself underwater a short time later. Proposals are being accepted until Aug. 15.

Shall we go Dutch?

The Netherlands: Giving rivers room

These are some of the methods engineers in the Netherlands are using for flood protection as part of the Room for the River Program. Work began in nearly three dozen locations along four rivers in 2006 and the project is scheduled to be completed by 2015.



1 Lowering floodplains.

Excavating floodplains where feasible increases room for the river when water levels are high.

2 Deepening riverbeds.

Depth is added to the riverbed by excavating the bed surface, providing more room for the river.

3 Dike relocation.

Where possible, moving dikes farther away from the river increases the width of the floodplains and provides more room for high water.

Attack. Dog shot by cop had violent history, says animal services manager

A dog that attacked a police officer on Monday has a history of violence and history with the police, an animal-services manager says.

The officer was uninjured during the attack, but pulled his gun and shot the dog in the head.

Alvin Murray, a manager with Animal and Bylaw Services, says the dog has undergone surgery and is going to be

"fine."

The attack happened in the 1400 block of 52 Street N.E., during a traffic stop by a CPS Traffic Section member who called for backup when she smelled marijuana.

While police were searching the vehicle, one of the dogs inside lunged out the door past a female officer and attacked a male officer nearby.

CANDICE WARD/FOR METRO

Beiseker

Driver facing charges after construction crash

Criminal charges will be laid against a truck driver after two highway maintenance workers were hit on Monday in a collision northeast of Calgary, RCMP say.

One of the workers, University of Alberta student Jordan Wilson, died at the

crash site near Beiseker.

The other worker, a 19-year-old woman, also from Three Hills, was taken to hospital with critical injuries and remains in intensive care.

Mounties say the transport truck went through a stop sign and struck a car.

The truck driver, a 35-year-old man from Blackfalds, faces charges of dangerous driving causing death and dangerous driving causing bodily harm.

METRO

Contaminated debris found under washed-out road



City officials are looking into debris found underneath a section of road at Heritage Drive and 15th Street S.E. CANDICE WARD/FOR METRO

Graves Bridge area.

Road damaged in flood, officials say



KATIE TURNER
katie.turner@metronews.ca

Workers repairing a washed-out Calgary road were forced to stop when they uncovered a debris field.

Late Friday evening, road crews working on Heritage Drive and 15 Street S.E. detected the smell of oil and gasoline and uncovered old car batteries, wood, rebar and stained concrete while digging under the Graves Bridge at Glenmore Trail.

Transportation spokesperson Sean Somers said that section of road was significantly damaged during last month's floods. He said new engineering regulations require crews to dig about one metre deeper when rebuilding the road, which was

originally constructed in the 1990s.

"There's probably more questions than answers at this point," he said. "We don't know the history of the site and what was there before."

Shelley Alexander, an environmental specialist with the City of Calgary, said the discovery was reported to Alberta Environment and water samples have been sent away for testing.

"We are pretty confident at this point ... that the surface water and groundwater outside of that particular area should be fine, but we are being cautious," she said.

Somers said the debris field will create delays in restoring the road, but any additional costs should be covered since they are flood-related.

Online

For more news, go to metronews.ca.



Police urge caution

Ban on Bow boating lifted

A restriction on public use of the Bow River has been lifted, but officials are urging those who venture onto the water to use "extreme caution."

An assessment has yet to be completed on the Bow's Harvie Passage, which was designed to bypass a deadly weir, and people on the water are asked to use the portage areas around the development.

The Bow surged to levels not seen in nearly a century last month and officials say flow patterns have changed and much debris remains beneath the surface.

A restriction on vessel and boat use on the Elbow River remains in place.

"It is safest to stay away from riverbanks and avoid going in or near the water, especially with children and pets," says a statement from the city issued Tuesday morning. "Should you choose to use the Bow River, please exercise extreme caution and take the time to understand and plan for the risks."

METRO

Murder. Charge laid in death of toddler last year

The operator of a southeast Calgary day home has been charged with second-degree murder in the death of a child last year.

Defence lawyer Alain Hepner confirmed the charge on Tuesday afternoon and said he has been retained by the accused woman, Caitlin Jarosz.

"She will likely appear (in court) Wednesday or Thursday," Hepner said.

Mackenzey Woolfsmith, 22 months old, suffered a blunt-force injury in May 2012 while staying at a day home on Elgin Heath S.E. She later

died in hospital.

In May 2013, homicide investigators said they had taken over the case and were looking into a person of interest "with exclusive opportunity to Mackenzey" at the time she was harmed.

Calls to Woolfsmith's parents for comment on Tuesday were not returned, but in a May statement they said, "We want the truth for Mackenzey, regardless of how hard it is for us or our families."

Police were expected to release more details on the charge late Tuesday or Wednesday. JEREMY NOLAIS/METRO



Mackenzey Woolfsmith was close to her second birthday when she died. CONTRIBUTED



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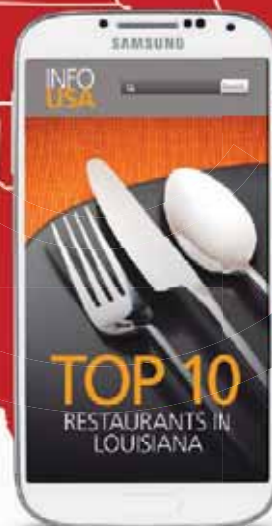


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News in pictures

**1 Egypt.** Seven more die in clashes

A supporter of Egypt's ousted president tries to beat the heat. Clashes overnight left at least seven dead, authorities said Tuesday. **NASSER SHIYOUKHI/THE ASSOCIATED PRESS**

2 Russia. Pussy Riot back at it

Russian band Pussy Riot have released their first music video since three members went to prison last year. **ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS**

3 Gay rights. Activist slaughtered

Prominent gay-rights activist Eric Ohena Lembembe has been tortured and killed in Cameroon, Human Rights Watch said. **ERASING 76 CRIMES/THE ASSOCIATED PRESS**

4 NSA scandal. Snowden stuck

Ecuador's Foreign Minister Ricardo Patino said his nation hopes Russia will grant Edward Snowden temporary asylum, saying conditions do not permit his travel to Latin America. **RODRIGO BUENDIA/AFP/GETTY IMAGES**

5 India floods. Thousands missing

More than 5,700 people missing since floods devastated northern India last month are being presumed dead, top officials said Tuesday. **ANUPAM NATH/THE ASSOCIATED PRESS**

Heroin, alcohol killed Glee star: Coroner

Glee star Cory Monteith spent his last evening out on the town with friends before returning to his Vancouver hotel room alone, where he took heroin and died early Saturday, police and a coroner say.

"There's absolutely nothing, no evidence to suggest this is anything other than the most sad and tragic accident," coroner Barb McIntock said in a news release after her office concluded an autopsy and toxicology tests.

She said the coroners' investigation will continue. Police say the unanswered questions McIntock's office

will determine include the levels of alcohol and heroin in Monteith's system and whether the 31-year-old star was the victim of a bad batch of heroin, something which turns up from time to time in Vancouver.

But Const. Brian Montague said their investigation is done.

He said the two women and another man Monteith were with that night co-operated fully with police.

"We're pretty confident we know where they were or what they were doing the night before," he said.

"There were no signs of a struggle or a robbery. There was evidence in the room that was consistent with a drug overdose."

Monteith played the role of football player and singer Finn Hudson on the popular TV series Glee. Before becoming an actor, he worked as a Walmart greeter in Nanaimo, B.C., as well as a taxi driver, school-bus driver and roofer.

He was also an avid supporter of the Project Limelight Society, a Vancouver charity that offers a theatre program to at-risk youth.

THE CANADIAN PRESS



Cory Monteith THE ASSOCIATED PRESS FILE

From a self-imposed exile, train engineer talks through lawyer

Lac-Mégantic disaster.

Lawyer dispels claim that Tom Harding is under 'police control'

The train engineer at the centre of the Lac-Mégantic disaster investigation is emotionally "devastated" by the tragic event, his lawyer says.

Tom Harding has vanished from public sight, and his lawyer's comments Tuesday shed some light on how he has responded to the tragedy.

Lawyer Thomas Walsh said his client has been staying at an undisclosed location, on his advice, to avoid the constant barrage of journalists at his Eastern Townships home.

Walsh said he's hoping to get Harding psychological help.

Edward Burkhardt, the head of the rail company, had told reporters last week that his engineer was under "po-

Role in accident

Tom Harding's role is a central question in the tragedy. His own company called him a hero before announcing his suspension.

- He is also named as one of the defendants in an attempted class-action suit.
- One question is whether the veteran railman applied the appropriate number of hand-brakes before ending his shift.

lice control" as the subject of a criminal investigation.

"Nothing (of the sort)," Walsh said Tuesday. He said Harding has not been arrested or charged with any crime stemming from the accident.

"He's talking through his hat, as far as I can see."

THE CANADIAN PRESS



A fireman walks through debris Tuesday at the site of the train derailment and fire in Lac-Mégantic, Que., that left 37 people confirmed dead and another 13 missing and presumed dead. **RYAN REMIOWZ/THE CANADIAN PRESS**

Oakville, Ont.

Father charged over baby in hot car

Police have charged a Toronto father with child abandonment after an infant girl was left in a hot car in Oakville, west of Toronto, on Sunday.

Halton Region police said the nine-month-old was left unattended in a parking lot

for about 10 to 15 minutes.

Police said the baby was seen sweating profusely and crying but was OK after she was examined by paramedics and released to her mother.

When an in-store announcement at Home Depot drew the father back to the vehicle, police say a group of angry people "berated" him.

The father has been released pending a court appearance. **THE CANADIAN PRESS**

United Kingdom

Cops sorry for using names of dead kids

Britain's top policeman has apologized for using the names of dead children to help establish false identities for undercover work.

A report published Tuesday revealed that the names of 42 dead children — born between 1940 and 1975 —

had been used by police.

Metropolitan Police Chief Bernard Hogan-Howe says he is sorry for the "shock and offence" the tactic caused.

The report indicates that security services may also have used names of the dead.

The report says that families have not been told because that would put undercover agents at risk.

THE ASSOCIATED PRESS



In this image taken from video, two lionfish are shown in an aquarium at the Nova Southeastern University Oceanographic Center in Dania Beach, Fla. Desperate for some kind of control over their populations in the wild, Florida this year enlisted volunteers and amateurs to go after the fish not native to the Atlantic. SUZETTE LABOV/THE ASSOCIATED PRESS

Invasion of the lionfish: Voracious predator spreads

Into the deep. Divers are being encouraged to kill the 25-cm long, one-pound nuisances

The invasive lionfish that crowds coral reefs and preys on native fish in the Atlantic's shallower waters is such a problem that divers in Florida and the Caribbean are encouraged to capture and eat them when-

ever they can.

Lionfish, which have venomous spines, are a well-documented problem in Atlantic coral reefs, where the 25 centimetre-long, one pound invaders from the tropical parts of the Pacific and Indian oceans live without predators and eat other fish voraciously. What's slowly coming into view is how deep into the ocean their invasion has spread.

Researchers and officials worry that lionfish may undo

Free-for-all

Divers are encouraged to capture and eat any lionfish they encounter to protect reefs and native marine life already burdened by pollution, overfishing and climate change.

efforts aimed at rebuilding populations of native predators such as groupers and snappers. THE ASSOCIATED PRESS

A buck a call? CRTC rejects pay phone hike, questions future in smartphone age

Canada's telecom regulator is hanging up on Bell Canada's bid to increase the cost of using a pay phone. The Canadian Radio-television and Telecommunications Commission has rejected a request by Bell to charge people more to use coin-operated land lines, a familiar fixture of the pre-cellphone age.

"This is, in our view, a victory for today," said Janet Lo, legal counsel for the Public Interest Advocacy Centre.

"We're very pleased that the commission stood up to Bell's request for the pay phone rate increase, which was in our view not warranted."

The CRTC is also considering whether to take steps to prevent the company from pulling less profitable pay phones out of underserved communities.

Bell and its subsidiary Bell Aliant Inc. had asked for permission to boost the price of a local call to as much as \$1, compared with the cur-

Going the way of the dodo?

The CRTC has launched consultations on the role pay phones play in Canada. The regulator will also ask Canadians whether phone companies should be prohibited from removing the last remaining pay phone in a community.

rent price of 50 cents, and to double the cost of using a credit or debit card at a pay phone to \$2.

In their submissions, the companies said that without a rate increase, they would be forced to get rid of their least profitable pay phones. Pay phone usage has been steadily dropping as more people turn to cellphones, Bell argued.

But the CRTC countered by saying unprofitable coin-operated phones would likely end up being removed anyway, regardless of cost.

THE CANADIAN PRESS

From print to digital

Sun Media closes papers, cuts jobs

Sun Media Corp. is slashing 360 jobs and shutting down 11 publications across the country, saying it needs to invest more heavily in digital news to lure in younger readers.

The newspaper publisher is closing down eight community newspapers and its 24 Hours free daily papers in Ottawa, Calgary and Edmonton. THE CANADIAN PRESS

Market Minute

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NOT EVERY DOG HAS ITS DAY

The daily news is filled with reports of racism, sexism, ageism and absurdism, but a large faction of this country's population silently faces a form of discrimination I like to call anti-caninism. That's right, people who hate dogs. You know the type; distinctly anti-social, but ultra-sensitive to child safety, hypothetical allergies or the physically challenged, as long as the disability doesn't require canine assistance.

Wherever dog owners gather, there is inevitably, some scowling curmudgeon hiding in the bushes taking video of puppies peeing on grass. Oh no! Now, we've exposed the children! For centuries, scientists have been mystified by the various causes of disease, but 'Pooch Patrol' has connected it all to dog urine. Parents beware: Your local park has not been sterilized for your kids' protection.

We belong to a culture spoiled by the freedom to dismiss ourselves from all responsibility. Parents use children as the ex-



JUST SAYIN'
Mike Benhaim
Guest columnist

cuse by which to perpetuate their own ignorance, and we spout improperly learned notions as universal truths.

Now, I'm not implying that the enlightened 19-year-old at 7-Eleven is not thoroughly versed in Canadian law but I recently entered one while holding my 10-pound Maltese.

Apparently, just having a dog exempted me from the basic courtesies afforded to the general public, let alone patrons.

"Mister, you can't have that dog in here!" She told me. When I questioned the hostility, she said, "It's against the law." (Gasp!) Am I a criminal now? Naturally, I probed further. "What about service dogs?" Apparently, our crackerjack legal scholar was ill-prepared for such meticulous cross-examination, as she responded with "Huh?" I specified, "What about seeing-eye dogs?"

And it was then that my clever foe truly earned the right to wear that plastic name tag by delivering a stunning rebuttal of

"It never happens."

Well then folks, I guess the law is clear. Only it really isn't.

Canada's Animal Pedigree Act prohibits animals from direct contact with food preparation. Beyond that, every province, municipality and establishment owner has their own unique set of rules.

Parks, malls and department stores can legally allow your dogs, only many of them choose not to. One manager actually admitted that it depended largely on personality. That of the dog AND its owners.

Hound-friendly malls and patios exist throughout Canada, but all it takes one anti-canine complaint to spoil the show. It's never about them. These are just selfless citizens doing their part to protect the helpless from your vicious Chihuahuas.

Friends, think of dogs as babies. They can be cute, and at times disgusting, but they are part of the population and deserve to share the world with everyone else. So let's exercise a little tolerance and open public places to man's best friend.

Paul Sullivan will return July 31.

ZOOM

They have a proven track record



SOLENT NEWS

Longest Lego train track built

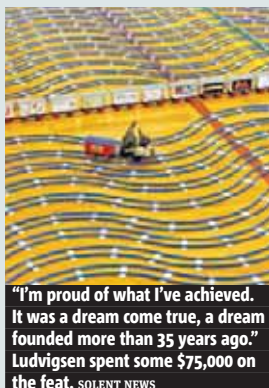
A Lego fan was on the right track when he assembled 93,072 plastic bricks to make the world's longest toy train circuit. Henrik Ludvigsen from Roskilde, Denmark, and a team of 80 others spent 18 months designing the track that measures 4,000 metres, which has earned him a Guinness World Record.

METRO

Lego land

"I was cleaning out a room in our house when I found all my old blue tracks. While my wife was asleep on the couch I went off to surf the Internet and got this crazy idea that I wanted to build the world's longest Lego train track."

Henrik Ludvigsen, 43, technology officer



"I'm proud of what I've achieved. It was a dream come true, a dream founded more than 35 years ago." Ludvigsen spent some \$75,000 on the feat. SOLENT NEWS

A long ride

3 hours, 22 minutes

is the time it took for a Lego toy train to complete a lap of the 4,000-metre-long route.

In 1934, Danish toy inventor Ole Kirk Christiansen named his new company Lego, formed from the Danish words "Leg Godt" meaning "play well." In Latin 'lego' means "I study" or "I put together."

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Excellent news! The Zen offered up by Explore.org's livestream of brown bears chilling in an Alaska river last summer is back for another year. Keep that, and perhaps these others, open in a tab for a bit of nature in your workday.



LONDON LOOKS/Flickr

Puffin Burrow

If your tastes are more avian than ursine, rest easy because the bears aren't the only stars in Explore.org's stable. Get voyeuristic by creeping on a pair of nesting Atlantic puffins off the coast of Maine. (explore.org)

Kitty Cams

OK, fine. This isn't a livestream. But they do have a wildly entertaining first-person collection of noted cat hi-jinx like peeking in neighbourhood

windows, harassing lizards, giving guff to dogs and keeping the stoop possum-free. (kittycams.uga.edu)

Vancouver Aquarium

It's hot. You're stuck at work. Cool off with critters that know how to enjoy the life aquatic. Sea otters, penguins and belugas bring the cute. Jellyfish are standing by in case you need something to synch your Pink Floyd albums to. (vanaqua.org)

Letters

RE: Jenny's Got A View, And I've Got One Too, published July 16

I am neither a fan of The View nor a fan of Jenny McCarthy, however I was surprised and appalled by your opinion of the subject matter of a possible relationship between vaccinations and autism.

My question to you, when you have read your articles to form your opinion around the subject matter of vaccination in relationship to autism, have you considered your sources? Were the surveys that you may have read funded by the pharmaceutical big businesses?

Have you read any articles from

parents who noticed a considerable change in their child after a vaccination? Have you completed a thorough investigation? Based on your comments, I expect that you have not.

I believe that vaccinations are meant to help the community at large, and as we all know they have saved us from much disease and heartache. Is it possible that we may need to revisit or review our ingredients or timeline to vaccinations?

I think that it is disrespectful for individuals with no experience or thorough knowledge to make judgements on others based on their experiences just because their experience differs from your own.

Valerie Doyle

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

Conjuring up a number of familiar horror themes

New movie.

Supernatural flicks aren't anything new but the creepy cranks continue to kill at the box office and on screen



IN FOCUS
Richard Crouse
scene@metronews.ca

The Conjuring, the new film from Saw co-creator James Wan, plays like a mash-up of The Exorcist and a particularly spooky episode of Ghost Hunters. Based on true events, it follows one of the most devilishly famous cases of real life paranormal investigators Ed and Lorraine Warren.

The ghostly action begins when the Warrens (Patrick Wilson and Vera Farmiga), self-described "demonologists, ghost hunters ... and kooks," are called in to investigate the haunting of a rambling old farm house purchased by the Perron family, Roger (Ron Livingston) and Carolyn (Liv Taylor) and their five daughters.

The house is creepy. Doors slam, someone or something goes the girls while they sleep, clocks stop at 3:07 precisely and the smell of rotten meat hangs in the air.

It's spooky stuff, but it's not the only supernatural case the Warrens investigated that went on to find notoriety on the big screen.

The Haunting in Connecticut breathes the same



The Conjuring has some spooky stunts. HANDOUT

air as The Town that Dreaded Sundown, Death Tunnel or any movie involving evil spirits, a haunted house, an old aboriginal cemetery or former insane asylum.

The film takes its story from the much documented life experience of Carmen Snedeker and her family who were tormented by evil forces after moving into a reconverted funeral home in Southington, Connecticut.

In the real life 1986 case the Warrens were called in and declared the Snedeker house to be crawling with demons, the result of former

funeral home workers practicing necrophilia on the site.

How accurate was the movie?

"I was also told about scratching on the walls, blood and seances," Lorraine Warren told MyRecordJournal.com. "That isn't the type of things that were occurring within the house at all. The movie is very, very loosely based on the actual investigation."

The eerie couple's most notorious inquiry occurred at 112 Ocean Avenue in Amityville, Long Island.

The paranormal experiences of the Lutz family, who claim to have been terrorized by supernatural forces after moving into a large Dutch Colonial house where Ronald DeFeo, Jr. shot and killed six members of his family, came to be known as The Amityville Horror.

It has been the subject of 10 movies, a number of books and was a memorable case for Lorraine Warren.

"The case itself has affected our personal lives more than any other case we've ever worked on in 54 years of research," she said.

Creative freedom? Release the Hounds

Calling from Milwaukee, getting ready to perform with her sister as part of the Court Yard Hounds, Martie Maguire sounds totally at ease.

"I'm just trying to keep my kids awake, because they want to come up on stage with me and do some Irish dancing, so I was like, 'Well, it's at 10 o'clock tonight, I don't know,'" she says.

These aren't merely the practical musings of just any mother. From the mid-'90s to the early 2000s, there were few names bigger in country music than the Dixie Chicks,

composed of Maguire, her sister Emily Robison and Natalie Maines. After controversial comments about then-U.S. President George W. Bush turned them into industry pariahs, Maguire and Robison went on to form the Court Yard Hounds, who will release their sophomore album, Amelita, on Tuesday.

"We didn't have to be answering to anything, or writing certain kinds of songs our fans are used to listening to. Creatively, it kind of opens the doors to whatever."

THE ASSOCIATED PRESS



Sisters Emily Robison, left, and Martie Maguire of the Court Yard Hounds.
BRUCE GILBERT/THE ASSOCIATED PRESS

Animated



Turbo

Director. David Soren

Stars. Ryan Reynolds, Paul Giamatti and Samuel L. Jackson

Ryan Reynolds voices Turbo, a snail obsessed with car racing. His need for speed is fulfilled after inhaling engine fumes that rev up his metabolism to the tune of 200 m.p.h., a talent that earns him a spot at the Indianapolis 500. The movie is amiable, with beautiful animation and great voice work from Paul Giamatti and Samuel L. Jackson. Too bad it's saddled with a dull script that's as uninteresting as escargot without garlic and butter. It feels padded with music and montages and moves at a snail's pace, which seems like it should be appropriate for this movie, but really isn't.

RICHARD CROUSE

Documentary

Venus and Serena

Director. Maiken Baird, Michelle Major

Stars. Venus Williams, Serena Williams

In this compelling documentary, filmmakers Maiken Baird and Michelle Major follow Venus and Serena Williams throughout the 2011 tennis season — a year plagued with health and personal problems — and provide a glimpse into the aging titans' struggle to stay on top. Candid interviews cover dating, dysfunctional family relationships, experiences of racism and more, while reminding audiences of the extraordinary impact the Williams sisters have had on the sport. Ultimately, tennis fans or not, it's easy to appreciate this rare and comprehensive look into the private lives of world-class athletes.

MANORI RAVINDRAN

2 SCENE

The woman behind the crown



Philippa Gregory was intrigued by Elizabeth of York. HANDOUT

Books. Philippa Gregory talks about her writing and focussing on female protagonists

ALISON BOWEN
Metro World News

Philippa Gregory is a master of the engaging tales of British royalty, told from the viewpoint, often, of women.

Her latest book, *The White Princess*, on sale July 23, hinges on Elizabeth of York, who expects to marry Richard III until he is defeated by Henry Tudor — who she is then forced to wed.

This latest novel is part of Gregory's *Cousins' War* series, including *The White Queen*, which debuts as a Starz film at 8 p.m. on Aug. 10.

What inspired you to write this book?

I came across her when I was writing about her son Henry VIII, and I thought, "What an interesting character!"

I came across this really well-concealed scandal that she had probably been the mistress of Richard III. ... It was such a big scandal at the time, and it has been genuinely suppressed.

Most of your books feature women. What do you like about writing female protagonists?

I've spent most of my life working on women and history partly because that's my interest and partly because here are women whose stories simply have not been told. We've got the stories that have been very well recorded, very well repeated of the men who are important at this time, but history has completely obscured the women.

What is your writing process? Do you need to be in a certain place, or a certain atmosphere?

I work on a laptop, so I write really anywhere. I don't have to be at home. I can even write travelling. When I'm writing something which has

got a lot of the characters in it, a lot of historical events, I find it easier to write where I have my research books around me, so I can check them as I go. I write wherever. I like to write every day.

How do you decide what to write?

One of the things that really stimulates me to write non-fiction is that when I come to do the research, I often find there's nothing published, that when readers say, "Where can I find out more?," there is nowhere to send them. Then I feel almost obliged to write something.

What drew you to this particular part of history?

It's a very personal story, a very private story. She's married to a man she doesn't love at all, who is the enemy of her house, who has been the enemy of her country. ... It's about a time of extraordinary change. You almost see this change being worked through with this young woman.

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Big name performers line up for Alberta Flood Aid

Recovery efforts.

All ticket proceeds from Calgary concert to benefit Flood Rebuilding Fund

Randy Bachman, Tom Cochrane and Corb Lund will be among the singers to perform at a benefit concert to help raise money for flood recovery efforts in southern Alberta.

Organizers announced Monday the full lineup for Alberta Flood Aid, to be held at Calgary's McMahon Stadium on Aug. 15.

The list also includes Jann Arden, Matthew Good, Colin James, Loverboy, Johnny Reid, The Sadies, The Sheepdogs and Ian Tyson.

The evening will be hosted by comedian Brent Butt.

All ticket proceeds will benefit The Calgary Foundation's Flood Rebuilding Fund.

The fund supports southern Alberta's long-term com-



Jann Arden will be among the relief performers. HANDOUT

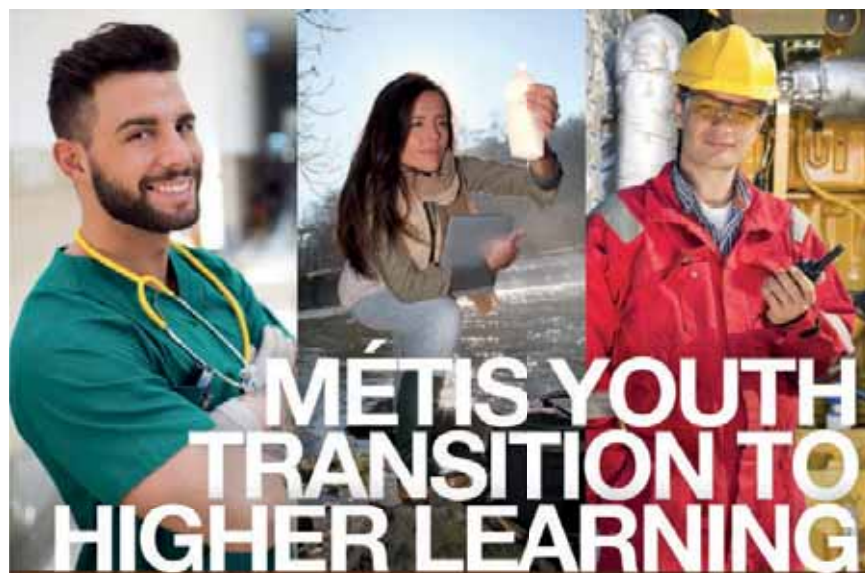
munity rebuilding efforts, including the hardest hit areas of High River, Canmore and nearby First Nation reserves.

"We hope that this event will raise funds for those affected by the devastating flooding, but also bring our community together with incredible artists to celebrate the restorative power of music," said Peter Jurisic, chairman of Alberta Flood

Aid.

"I am very pleased to see members of the music community donating their time and resources to raise money for flood relief," said Calgary Mayor Naheed Nenshi.

Tickets for the event start at \$30 and will go on sale Friday. Ticketmaster has agreed to waive all service fees normally associated with ticket sales. **THE CANADIAN PRESS**



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New medium, familiar ground for Jeff Foxworthy

TV. The 'redneck Ryan Seacrest' was initially leery of doing an animated series

You might be a redneck if you love Jeff Foxworthy, but it's certainly not a prerequisite — after all, he is the highest-selling comedy-recording artist in history, famed for lampooning some southerners for their car-

toonish ways.

Now, he and some members of his Blue Collar comedy troupe are back with a new series. But this time, they're all cartoons. Wednesday marks the premiere of Bounty Hunt-

ers, a charmingly animated series about three friends' hijinks running a small-time fugitive-tracking operation, a satirical nod to *Dog the Bounty Hunter*.

But when the series was pitched to him a few years ago



Jeff Foxworthy EVAN AGOSTINI/THE ASSOCIATED PRESS


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when he was in the throes of hosting the Game Show Network's American Bible Challenge and CBS's American Baking Competition — he says he was "kinda like the redneck Ryan Seacrest" — Foxworthy was leery of doing an animated series.

"It wasn't something I was actively seeking out," he says from his home in Georgia. "My concern was that it wouldn't be funny. I'd kind of gone through that in the '90s, with a sitcom (The Jeff Foxworthy Show).... But they wrote two or three scripts, and I went, 'Oh wow, not only have they captured our voice, they've captured our dynamic with each other.'"

That dynamic has been the core of his group of comedians, which include Foxworthy's Bounty Hunters co-stars Bill Engvall and Larry the Cable Guy, over decades of professional collaboration and even more years of simple friendship.

It's been so long, Foxworthy says, that working together has become a labour of comfort, comparing their affability and affection for each other with The Carol Burnett Show.

"My favourite moments on that show when I was a kid was when they were making each other laugh. You could tell that they loved each other ... and when I think of us as a group, that's where my mind goes," he says.

"You have that kind of trust factor with them. It's not like

one person's trying to fight the other two for other laughs.... I remember when we went out (on the 'Them Idiots' tour), and it was like putting on your favourite pair of shoes."

Foxworthy has also enjoyed collaborating with showrunner Eric Horsted, whose southern-sensibility bona fides include executive producing on *Reba* and *Home Improvement* and who is a known quantity in the animated comedy field, with credits for Adult Swim's *The Boondocks* and Comedy Central's *Futurama*.

"That's kind of the key to a great director, that 'Hey, I've got an idea and a vision, but I'm not married to it if we find something better in the process.'"

The medium has provided myriad challenges, though, including with his voice, for which he's taken tips from Horsted.

"Comedically, when I'm doing stand-up, I'm pretty physical — I'll fall on the floor or act things out," he says. "Now you have to sell it with your voice. It's gotta be a little more over-the-top."

He adds that the biggest obstacle has been a lack of an immediate response, something he's used to as a stand-up comedian. "(In animation) you don't even know if it's good or not, because you don't get that feedback. It's what drives stand-ups, you crave that instant feedback."

THE CANADIAN PRESS



Jane Lynch explains low-key divorce

More drama-free breakups

To hear Stacy Keibler tell it, she and ex-boyfriend George Clooney ended their two-year relationship on the best possible terms. "There's nothing dramatic that happened, so it's all good," she tells *Extra*. "I'm someone that's always lived the present moment. I always look at the positive on everything."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Fergie looking to change both of her names

The pop singer filed a petition in L.A. to legally change her full name from Stacy Ann Ferguson to Fer-

But she'll have to wait until Aug. 16 to find out if the court is cool with it.

Twitter



@RedHourBen

Making sure to sit on couch at least 2 hours today so my muscles wont be shocked by the rest day.



@justinbieber

It isn't just about music & performing 2 me. I care about all of u. I want to make the world better with this gift. Thought u should know :)



@lenadunham

My therapist is looking goooooood.



@SteveMartinToGo

I don't watch zombie movies because I don't really care about zomb AHH AHH AHHH AHHH AHHH AH-HHHHHH AHHHHHHH AHHHHH

The Word

**Kristen
Stewart is not
grimacing
with Michael
Pitt**

Rumours swirled earlier in the week that Stewart may have found a new leading man in former Boardwalk Empire star Michael Pitt since meeting at Paris Fashion Week.

"Kristen's not over Rob but she's getting there, and Michael's helping her through it," a source tells *The Sun*.

"She vowed to throw herself into work and be single this summer, but when she met Michael last week, they hit it off." And the two apparently have a lot in common, according to the source: "They both



hate the spotlight and are smart bookworm types."

But not so, says Pitt's rep, telling E! News, "While we do not comment on our clients' per-

sonal lives, please know that there is absolutely no truth whatsoever to this rumour that Michael Pitt and Kristen Stewart are dating." **PAT HEALY**

She's going from straight A's to getting her first F.



The To Do List

IN THEATRES JULY 26th

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The To Do List



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3
LIFE

Looking for a Placid time?

Family fun. Lake Placid mixes natural beauty and a laid-back vibe to make the perfect getaway for stressed out city dwellers

KATHY
BUCKWORTH
life@metronews.ca

Busy families looking to unwind, unplug and undo their daily demands will instantly appreciate the aptly titled Lake Placid, with calm waters showcasing a shoreline dotted with "Great Camps", built in a bygone era when wealthy families from New York City hauled their families up north to escape the city heat and bask in the beautiful mountains of the Adirondacks.

The town of Lake Placid has a '50s feel to it, partly because of the protected park status, and partly because the town embraces the quirky feel of a mountain holiday, year round. It's hard to travel more than 100 feet down the main street, or anywhere in the surrounding area, without tripping over an Adirondack chair (which Ontarians call Muskoka Chairs).

Built five years ago very much in the style of the Great Camps, the luxurious Lake Placid Lodge has become the place to stay, with celebrities and other New York notables on their preferred customer list. The Artisan Restaurant has also become the "unofficial country club" of the many wealthy camp/luxury homeowners in the area. An award winning chef and meticulous attention to detail (not to mention a world class mixologist at the bar) combine to make an



AuSable Chasm offers some spectacular views. KATHY BUCKWORTH/METRO

extravagant dining experience.

There is a form of accommodation to fit every preference and budget.

The town and surrounding villages offer fun B&B's full of local character, like Nan and Red LaFontaine's Paradox Lodge, which features birch bark ceilings and uniquely local antiques. Cozy bedrooms feature modern bathrooms and a wonderful family cottage feel. The Lodge backs onto a bay leading into the lake, and Red's homestyle breakfasts are the perfect start to a busy day getting out to the many outdoor adventures available.

The restaurants and bars are as diverse as the lodgings, with the Brown Dog Café, a popular favourite, featuring fantastic views of Mirror Lake, where diners can watch the

If you go...

Lake Placid is located about a five-hour drive from Toronto. Visit lakeplacid.com for more information.

sun go down as canoers and kayakers glide by. During the day, it's easy to grab a fresh deli sandwich at The Little Super Market and head down to the local beach on Lake Everest in Wilmington.

A short drive away, the covered bridge in Jay (rebuilt in 2007) represents the rich history of the area, and the flat rocks that the AuSable River flows over make it the perfect spot to cool off on a hot day.

But it's not all calm in this area of the Adirondacks. Dur-

ing the winter it is the destination of choice for adventurous skiers and snowboarders, anxious to recreate runs they watched during the 1980 Olympics on Whiteface Mountain, and in the summer the hills are taken over by warrior gangs of mountain bikers. The base area around Whiteface, also with protected status, remains untouched by the usual array of condominiums, hotels, bars and restaurants, for a true mountain experience.

The AuSable Chasm is about an hour's drive from Lake Placid, and the spectacle of the chasm is as awesome as the Adventure Trail that's been developed.

Cable pulls, rappelling and swaying bridges are for the brave of heart. The Intermediate Trail offers a terrific mix of

easy strolling and heart stopping rock wall scaling.

The Wild Centre is a great stop to make on the way to or from Lake Placid, situated in Lake Tupper. This 31-acre wildlife conservation area will have the kids entertained with more than 900 live animals.

In the heart of Lake Placid, Olympic Center is home to two arenas, both famous in their own right. The figure skating arena was the site where Sonja Henie won gold during the 1932 Olympics, and the hockey arena is home to the legendary Miracle on Ice match between the Americans and the USSR. A quick look at the wall plaque reveals that the 1980 Olympics were also the year speed skater Eric Heiden won 5 gold medals and Canadian Gaetan Boucher won a silver medal.

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Can't lose that belly fat? Then B.C.'s Mountain Trek might be the vacation for you

VAWN
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Going on a retreat where you exercise like an Olympic athlete while giving up all your vices — caffeine, alcohol, sugar — and severely reducing your caloric intake may not exactly sound like a “vacation.”

But that's the concept behind Mountain Trek, a hiking-focused fitness retreat and health spa in the Selkirk and Purcell ranges of B.C.'s Rocky Mountains, set in a luxury alpine lodge overlooking Kootenay Lake. Once you get through the caffeine withdrawal, you might find it's one of the best vacations you've ever taken.

Though one recent partici-

pant said his son kept telling his friends that his dad was going away to “fat camp,” that's not the philosophy behind the program. Rather, it's an “induction” week to reboot your metabolism and promote wellness.

Chronic stress is the No. 1 workforce injury and the foundation of 90 per cent of disease, said Kirkland Shave, program director and lead guide with Mountain Trek. “It's a vacation that's a health investment,” he said.

Many Westerners live a sedentary lifestyle, while eating far more than necessary — and our hormones have adapted to this “catabolic” state. This results in everything from fat storage to muscle loss, tissue inflammation, fatigue and chronic stress. Oh, and premature aging.

Aside from providing a “fat flush,” the program also provides tips to help reduce stress and anxiety, rebalance hormones, reset sleep patterns, refocus nutritional patterns and release toxins.

That being said, almost all participants have lost weight,



After a long day of exercise, kick back at the lodge. HANDOUT

reduced their fat percentage, and whittled their hip, waist and chest circumference in about a week. Men lose an average of 6 to 8 pounds a week, while women lose an average of 4 to 6 pounds.

This is a typical day at Mountain Trek: Wake up at 6 a.m., fuel up with a herbal tonic and protein shake, do

an hour of yoga, eat breakfast, then head out on a three-to five-hour trek in a different location each day (guests are divided into groups based on fitness level, accompanied by experienced guides). Back at the lodge, guests take seminars on topics ranging from nutrition and fitness to sleep and stress management.

At 5:15, it's dinner, and at 6 p.m. you're hitting the gym for a cardio class (from boxing to interval training) and, on alternate days, weight training. Then it's a hydrotherapy circuit (hot tub, sauna and steam), perhaps a massage, and then bed. At that point, you'll be too exhausted to check your email (in fact, there's limited Wi-Fi, so you're also taking a detox from technology).

There is no “diet” per se. The nutritional pillar of the program rests on healthy eating patterns to balance blood sugar and hormones to raise metabolism. The meals are, surprisingly, delicious (there's

even steak). This is no vegan affair (unless, of course, you're vegan, in which case the meals will be catered to your needs). It's low calorie (1,200 for women, 1,400 for men), low fat, low salt, high fibre, high protein and high vegetable content, with no simple or processed carbs.

Part of the detox process often involves a descent into darkness. There's a term for it: Herxheimer's. This typically happens on the third day, where the detoxification process can lead to headaches, nausea, rashes and emotional ups and downs. Fortunately, this passes.

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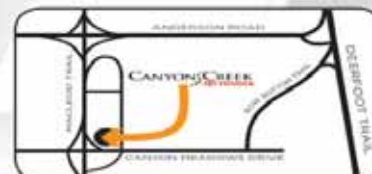
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One-dish pasta makes it easy to keep it simple — and get out of the kitchen



ROSE REISMAN
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This is a great one-dish meal that's perfect for a quick dinner. Have a large leafy salad to start. If you want a more savoury flavour, use spicy sausage.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in serving bowl.

2. In large non-stick skillet, heat oil; sauté garlic, onions, green peppers and zucchini until tender, approximately 5 minutes.

3. Add sausage and beef; sauté just until cooked, approximately 10 minutes.

4. Add tomatoes, olives, basil and oregano; simmer for 15 minutes, until sauce thickens, stirring occasionally. Pour over pasta, and toss. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 12 oz radiatore or penne
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 3/4 cup chopped onions
- 3/4 cup chopped sweet green peppers
- 2 cups chopped zucchini
- 6 oz sweet sausages, skinned

- and chopped
- 6 oz ground beef
- 2 1/2 cups canned or fresh tomatoes, crushed
- 1/3 cup sliced black olives
- 2 tsp dried basil
- 1 tsp dried oregano

Radiatore with Sweet Sausage, Zucchini and Tomatoes



This recipe serves eight. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Drink of the Week

Lavender Sour

Beat the heat with this exquisite blend of flavours, including lime juice, lavender bitters and egg whites.

- 1.5 oz Belvedere vodka
- 0.6 oz fresh lime juice
- 3/4 oz simple syrup
- 0.3 oz egg whites
- 2 dashes of lavender bitters

Dry shake then add ice and shake again. Strain into chilled martini glass and garnish with an expressed lemon twist.



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Love your veggies

Pasta is often mistaken as one of those foods that we need to cut back on due to recent fads promoting low-carb diets. However, despite misconceptions, pasta does provide the perfect foundation for a healthy meal.

Andrea Holwegner, a Canadian registered dietitian, offers some insight that may change the way you think about this

Ingredients

- 1 box Barilla PLUS rotini
- 4 tbsp (50 ml) olive oil
- 1 medium yellow onion, cut into 1-inch dice
- 3 cloves garlic, chopped
- 2 anchovies, chopped
- 1 large each yellow and red peppers, seeded and cut into 1-inch dice
- 1 medium eggplant, peeled and cut into 1-inch dice
- 1 medium zucchini, sliced
- 1 medium yellow squash, halved and sliced thin
- 15 oz. can quartered artichoke hearts packed in water, drained
- 28 oz. can whole peeled tomatoes and juice
- Salt and pepper, to taste
- 1 tsp Italian seasoning
- 1/4 cup pine nuts, toasted
- 1 bunch fresh basil, julienned



This recipe is ready in 45 minutes. NEWS CANADA

popular food.

Pasta is a good source of energy, she says, because carbohydrates supply the body with its key energy source — glucose. Consuming carbohydrates can help improve performance in a high-intensity exercise, such as swimming or soccer for 90 minutes or longer.

Holwegner also points out that pasta can be a calorie-friendly food. A one-cup serving of cooked pasta is about 200 calories, is low in fat (about 1 gram, with no saturated or trans fats), cholesterol-free, and is low in sodium.

Embrace pasta with this delicious Ratatouille.

1. Bring pot of water to a boil.

2. In skillet sauté onion in olive oil for 5 minutes. Add the garlic and anchovies and sauté for 1 minute. Add the peppers and eggplant and sauté for 3-4 minutes. Once that is lightly browned, add the zucchini, squash and artichokes and sauté for 2 minutes.

3. Stir in the tomatoes and bring the sauce up to a simmer, season with salt, black pepper, and Italian seasoning. Cook for 10 minutes, or until tomatoes start breaking down.

4. Meanwhile, cook pasta according to package directions, drain and toss with sauce. Top with toasted pine nuts and basil. **NEWS CANADA/ BARILLA.CA**

Prosperity's path: From a foot in the door to a face at a desk

Work wonders.

An expert shares his top tips on how students and new grads can get through the application process and on to the interview

MEGHAN GREAVES
TalentEgg.ca

"How do I get my foot in the door?" is just the tip of the question iceberg when starting your job hunt.

To help answer this question, we spoke with head hunting expert David Perry, who the Wall Street Journal calls the Rogue Recruiter.

Begin with clarity

Starting your job search with clarity starts with determining the top 10 to 20 employers you want to work for. Doing this is much simpler than you may think.

David recommends that you "figure out what your top three skills are that you can bring to an employer" and go from there.

Then you can search for employers online who are looking for these exact skills and use this to create your wish list.

Put yourself online, professionally speaking

Luckily for many Gen Ys, this is virtually a natural instinct. Yet, creating a professional online presence is where we lack skills occasionally. This may be because we don't know how to or because we're nervous



How do you plan to get that shake of the hand? ISTOCK

that what we have to offer won't be good enough for an employer.

According to David, we shouldn't feel this way at all. When getting online (in a

professional manner), keep these three things in mind:

1. Don't let lack of experience stop you. If you don't have a ton of "real world"

work experience, David says, "don't worry about the experience — focus on the skills you have."

2. Don't overlook the skills developed in school: project management, interpersonal, communication, organization, research, writing. These are all very applicable skills that employers love.

3. Even if your LinkedIn account isn't bursting with information, David encourages you to remember that this still puts you ahead of those who aren't online.

Let others sell you

Stand out to potential employers by including brief testimonials on your resumé or cover letter. Even though these quotes might be brief, David says, "One testimonial from another person is worth 10 claims made by you."

Remember, rejection isn't forever

Needless to say, not being chosen for a position is discouraging.

But to make the most out of the situation, David suggests always sending a hand-written thank you note.

Not only does this show the employer that you're a respectful person, they may call upon you in the future or refer you to another company where they believe you'll be a great asset!

He also encourages young job hunters to remember that "persistence and understanding are a part of the process, and there are people behind this process — not machines!"

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Your thoughts?

@TalentEgg: #QuestionoftheDay: What's one skill that you use all the time in your job/ internship/at school?

• @JodOwens: adaptability! Need to be able to do/learn anything your managers throw at you.

• @Shannon4RBC: Time management is key! As a recent student my past volunteering experience prepared me to take on the working world :)

• @Recruiterette: Communication! No matter what your role, you need to work well in a larger team and get your point across clearly.

• @WorkBCVan_PICS: The ability to multitask/prioritize tasks!

• @BASSMRU: effectively managing your time between school, work, and anything else you might have going on (sports, clubs, volunteering).

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Sweeping up the dirt on your desktop

A site to see. Keeping your online persona pristine is as important as ironing your shirt on interview day

ROSIE
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Remember that post you liked on your friend's timeline last week? It could have been a totally innocuous link of 32 must-see cute animal pictures or it could have been a slightly compromising picture of you in the hours that proceeded happy hour. Either way, you've left a data trail that people will be able to see for years to come.

No, this isn't the work of an expert Facebook user. It's a reality that job seekers with an online presence must become familiar with if they wish to succeed in their job hunt.

According to a survey by McAfee it seems that people are worried about their online personas.

In fact, 46 per cent of 18-to-



Clean up the content: Many companies will perform background checks on potential employees to check if they will represent the brand in a professional manner. ISTOCK

34-year-olds polled were concerned about how they look online.

Brenda Moretto, Canadian Consumer Manager at McAfee,

said that a poor digital reputation could hurt a new graduate in their job hunt in a number of ways.

"Job markets are competi-

tive and anyone looking for a job needs every advantage they can have," Moretto said, adding that this means that job seekers definitely don't want to have anything negative in their digital trail.

If a potential employer saw something unsavoury on an applicant's Facebook page or other online profile, Moretto said this could lead to the applicant not getting the job.

"If I'm an employer then I'm looking for someone who is going to represent my brand," she said.

"If they had a negative digital footprint then it wouldn't be aligned," Moretto said.

16 per cent of people polled knew someone who had been fired because of a personal image or message posted online.

People are constantly on smartphones and aren't posting pictures of each other volunteering or studying as much as they are of their friends in a compromising position.

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E-mpressive!

Brenda Moretto suggested four tips that McAfee developed in the hopes of keeping online profiles of job-seeking generations appropriate for landing their dream job:

- **Polish it:** Treat your online presence as well as you would your resumé. You never know who might be looking you up.
- **Secure it:** Try to manage what others can see online. Don't forget that whatever your or your friends "like" on Facebook, for example, stays there for everyone else to see. Remember that even if your profile is as secure as secure can be and you've changed your name to make yourself unsearchable, you still have Facebook friends, Twitter followers or LinkedIn connections that can see everything you do. What will happen if your relationship

with one of these people turns sour? Be aware of the fact that whatever you put online is available to people that might not always have your best interests at heart.

- **Hold it:** A good rule of thumb to use when deciding whether to put those happy hour pictures online is "is this something I would want my boss, colleagues or grandma to see?" If not, don't post it.
- **Protect it:** Don't share any passwords with your friends. Who knows what they will post. McAfee also discovered that 60 per cent of people store personal or intimate information on their cellphones, but only 40 per cent of people enable password protection on these devices. Punching in a password is a three second task that could save you a lot of money, worry and dignity.


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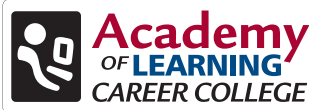

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Grab the bully by the horns

Face the fearsome. It's often true that honey attracts more bees, but with an office antagonist, calm confrontation is key

ALISON BOWEN
Metro World News

Maybe they swiped your papers from the copy machine.

Or "accidentally" left you off the email about a super-productive lunch meeting, for the third time. Or perhaps you avoid their cubicle, knowing every interaction turns aggressive. File all these scenarios under workplace bullying.

"Bullying, actually, many times is considered legal, believe it or not," says Mike Dreiblatt, president of Stand Up To Bullying. Unlike harassment, often covered in human resources handbooks as behaviour toward employees because of race, religion or ethni-

city, bullying brings greyer edges.

One complicating factor? Ambition and being assertive are part of a cocktail that usually equals success in cities, Dreiblatt says.

But when assertive melds into aggressive, a bully sprouts.

"When you assert, you assert yourself," Dreiblatt says. "When you're aggressive, you're aggressive to someone else."

Bullies often target multiple people, he says, but even just one person's awful cubicle experience can affect company morale — for example, turnover.

"Sometimes that aggressive individual does bring in more money for the company," he explains.

But his caution for employers? "They bring down the productivity of everyone else in the end. There's a net loss, not a net gain."

Dreiblatt suggests first finding out your company's policy on bullying, if they have one.

Then, if you confront an aggressive person, have another person present, he

advises.

"Make sure someone else is there who is able to witness the confrontation," he says.

And document, document, document. Write down each encounter — when it happened, what happened, who witnessed it. Many might be tempted

to attempt to kill bullying with kindness. Good luck with that, Dreiblatt says.

"The idea that you're going to somehow buy them a pound cake and they're going to be nice to you probably isn't going to happen," he says. "This person has already shown themselves to be aggressive."

Solutions?

Tips on how to handle a bully

- Find out your office's policy on bullying.
- Document everything.
- Have a witness if you choose to confront the bully.
- Practice what you will say to the person.
- Create a script for yourself.
- Keep it short. "Less is more," he says.
- Describe the behaviour you find unacceptable, say it is not acceptable to you and explain how you request that they act in the future. Also say what you will do if it persists, such as meet with a manager.

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390 Shawville Blvd. S.E., Calgary, AB, T2Y 3S4
11320 Sarcee Trail NW, Calgary, AB, T3R 0A1
5125 126th Avenue SE, Calgary, AB, T2Z 0B2
388 Country Hills Boulevard, Calgary, AB, T3K 5H2
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ISTOCK



Mariano Rivera trots to the mound to pitch the bottom half of the eighth inning in the MLB All-Star Game on Tuesday in New York. Rivera, who is retiring at the end of the season, was named the game's MVP following the American League's 3-0 win. MIKE EHLMANN/GETTY IMAGES

Rivera caps perfect All-Star Game career

MLB. Sandman leads AL pitchers in laying NL bats to rest; named match's MVP

Mariano Rivera pitched a perfect eighth inning in his final All-Star appearance, Toronto's Jose Bautista, J.J. Hardy and Jason Kipnis drove in runs to back a night of pulsating pitching, and the American League beat the National League 3-0 Tuesday night to stop a three-year losing streak.

On Tuesday	
3	0
AL	NL

Ten pitchers combined a three-hitter and the 43-year-old Rivera, who is retiring at the end of the season, remained unscathed in nine All-Star innings. Rivera won the MVP award.

The only older pitcher to appear in an All-Star game was 47-year-old Satchel Paige.

Rivera was left alone on the field for a 90-second standing ovation, waving his cap to the crowd and touching it to his heart as the other All-Stars watched from the dugout railing and applauded.

Bautista had a sacrifice fly in the fourth off Patrick Corbin that stopped the AL's 17-inning scoreless streak. Hardy added a run-scoring grounder in the fifth against Cliff Lee and Kipnis hit an RBI double in the eighth off Craig Kimbrell.

Matt Harvey and Max Scherzer dazzled with pitching at the start. Harvey threw two scoreless innings, striking out three, and Scherzer retired the side in order in his only frame.

The Yankees got a scare when Harvey hit Robinson Cano on the side of his right knee in the first, forcing him from the game. An X-ray was negative, and Cano was diagnosed with a bruised quadriceps that did not seem major.

A record crowd of 45,186 at Citi Field in New York took in the game. **THE ASSOCIATED PRESS**

NHL

Penner returning to Anaheim

Dustin Penner has signed a one-year contract with the Anaheim Ducks.

Penner spent the past three seasons with the Los Angeles Kings. He had two goals and 12 assists last season and seven goals and 10 assists in 2011-12.

The 30-year-old left-winger had 32 goals and 31 assists during a career year in 2009-10 with the Edmonton Oilers. In 522 career NHL games, Penner has 137 goals and 138 assists.

Penner's deal is reportedly worth \$2 million US.

Penner spent his first two seasons with Anaheim.

THE ASSOCIATED PRESS

Banned substances

Powell, Simpson trainer under investigation

Former 100-metre world-record holder Asafa Powell, Jamaican teammate Sherone Simpson and their Canadian physical trainer were formally placed under criminal investigation for allegedly violating Italy's doping laws, police said Tuesday.

The move came a day after Italian police confiscated unidentified substances in a raid on the hotel where the trio was staying in the northeastern town of Lignano Sabbiadoro after the athletes tested positive for banned stimulants.

The trainer is Christopher Xuereb of Toronto.

Police were still analyzing the substances seized to determine if they were legal or not.

THE ASSOCIATED PRESS

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WESTJET

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DeLaet at home on British Open links

Golf. Lone Canadian at Muirfield undeterred by Scottish climate

Having grown up in Saskatchewan, Graham DeLaet isn't bothered by a little wind on the golf course — and wind surely is among the weather treasures to be found this week at Muirfield.

The cold, slanting rain that tends to arrive at some point during a British Open? He's seen that at home, too.

"We get that, too. But we just go inside," the Weyburn man cracked.

Barely a week after finding out his world ranking had earned him a spot in a major championship for the first time in his promising career, the only Canadian playing here in



Graham DeLaet GETTY IMAGES

Gullane this week was greeted in a familiar Scottish way at practice.

"I hit a 5-iron farther than I hit a driver," he said, laughing at the wind that arrives, in varying directions, at each of Muir-

Mixed emotions on Muirfield

"I don't know if it's something I want to play every single day; it just eats you up."

Weyburn, Sask., native Graham DeLaet on the unpredictable conditions of the British Open.

field's 18 holes. "But I grew up in Saskatchewan, so it's a pretty average wind for me."

DeLaet arrives with a terrific set of statistics in his back pocket for his tee time Thursday. He's 65th-ranked in the world and leads the PGA Tour in scoring average (69.99) and greens in regulation (72 per cent) and is second in total driving and par-five scoring average. He's knocking on the door of his first win; he hasn't been out of the top 30 in his past seven starts, including third at the Travelers Championship last month, and with more than \$1.5 million earned is 28th in

cheques cashed.

Ben Curtis nailed a major in his first appearance at the Open 10 years ago, so it can be done, longshot though it is. At least DeLaet comes in with some links golf experience, having played a British Amateur at Royal St. George's and a couple of Dunhill Cups as a pro, including last year.

"You need your imagination and (need to) hit the ball solid. Fairways are going to be key, obviously, staying out of that fescue," he said after playing the front nine at Muirfield. "It's fun. A different style of golf."

TORSTAR NEWS SERVICE



Costa, great success. Is nice!

A fans chases Rui Costa as he attacks the breakaway group en route to winning the 16th stage of the Tour de France on Tuesday in Gap, France. The Portuguese cyclist was 42 seconds faster than second-place finisher Christophe Riblon. Meanwhile, Chris Froome retained the yellow jersey. DOUG PENSINGER/GETTY IMAGES

NBA

Knicks lose sixth man J.R. Smith to knee surgery

Just as they got Metta World Peace, the New York Knicks lost J.R. Smith.

So the enthusiasm over landing a player that general manager Glen Grunwald says could be the Knicks' "missing piece" was tempered by the news they could start next season without one of their key contributors.

Smith dealt with knee pain all season and wanted the chance to deal with it his way in the summer.

When it wouldn't get better, he agreed to surgery that could have him on the sideline when next season opens.

The Sixth Man of the Year had patella tendon surgery and an arthroscopy on his left knee to repair a tear in the lateral meniscus on Monday, news the Knicks announced shortly after World Peace said he was signing with his hometown team.

Smith is expected to miss 12 to 16 weeks, meaning he may not be back until after the season starts.

THE ASSOCIATED PRESS

CFL. Roughriders RB Sheets on pace to surpass CFL rushing greats

It's been a record-setting start for Saskatchewan Roughriders running back Kory Sheets.

The five-foot-11, 208-pound sophomore has a league-high 442 rushing yards for the unbeaten Roughriders (3-0), the most to start a season in league history. Sheets broke the mark of 411 yards set in 1975 by Calgary running back Willie Burden.

Sheets, named the CFL's offensive player of the week after rushing for a career high 178 yards and two TDs in a 39-28 win over Toronto last Thursday, also has Mike Pringle's league mark of 2,414 yards from scrimmage in his sights.



Kory Sheets rumbles past the Argos' Robert McCune during his 178-yard, two touchdown game Thursday in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Once you pop ...

2,065

It's early, but Kory Sheets is on pace for well over 2,600 rushing yards, which would smash Hall of Famer Mike Pringle's league record of 2,065 yards established in 1998.

He has accumulated 491 yards and is on pace for 2,946 yards.

While Sheets' rushing total is the best to start a season, he's not even close to CFL record for most total yards over a three-game span. Pringle holds that mark, having accumulated 548 yards late in 1998.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	58	39	.598	—
Tampa Bay	55	41	.573	2½
Baltimore	53	43	.552	4½
New York	51	44	.537	6
Toronto	45	49	.479	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	42	.553	—
Cleveland	51	44	.537	1½
Kansas City	43	49	.467	8
Minnesota	39	53	.424	12
Chicago	37	55	.402	14

WEST DIVISION

	W	L	Pct	GB
Oakland	56	39	.589	—
Texas	54	41	.568	2
Los Angeles	44	49	.473	11
Seattle	43	52	.453	13
Houston	33	61	.351	22½

Tuesday's result

American League 3 National League 0

HOME RUN DERBY WINNERS

2013 — Yoenis Céspedes, Oakland (Citi Field)
2012 — Prince Fielder, Detroit Tigers (Kauffman Stadium)
2011 — Robinson Cano, N.Y. Yankees (Chase Field)
2010 — David Ortiz, Boston Red Sox (Angel Stadium)
2009 — Prince Fielder, Milwaukee Brewers (Busch Stadium)
2008 — Justin Morneau, Minnesota Twins (Yankee Stadium)
2007 — Vladimir Guerrero, Los Angeles Angels (AT&T Park)
2006 — Ryan Howard, Philadelphia Phillies (PNC Park)
2005 — Bobby Abreu, Philadelphia Phillies (Comerica Park)
2004 — Miguel Tejada, Baltimore Orioles (Minute Maid Park)
2003 — Garret Anderson, Anaheim Angels (U.S. Cellular Field)
2002 — Jason Giambi, New York Yankees (Miller Park)
2001 — Luis Gonzalez, Arizona Diamondbacks (Safeco Field)

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	54	41	.568	—
Washington	48	47	.505	6
Philadelphia	48	48	.500	6½
New York	41	50	.451	11
Miami	35	58	.376	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	57	36	.613	—
Pittsburgh	56	37	.602	1
Cincinnati	53	42	.558	5
Chicago	42	51	.452	15
Milwaukee	38	56	.404	19½

WEST DIVISION

	W	L	Pct	GB
Arizona	50	45	.526	—
Los Angeles	47	47	.500	2½
Colorado	46	50	.479	4½
San Francisco	43	51	.457	6½
San Diego	42	54	.438	8½

CYCLING

TOUR DE FRANCE

At Gap, France

Tuesday's results

1. Rui Alberto Costa, Portugal, Movistar Team, 3 hours, 52 minutes, 45 seconds; 2. Christophe Riblon, France, AG2R-La Mondiale, 0:42 behind; 3. Arnold Jeannesson, France, FDJ, 0:42.

ALSO

101. David Veilleux, Cap-Rouge, Que., Team Europcar, 20:57; 118. Ryder Hesjedal, Victoria, B.C., Garmin - Sharp, 20:57; 166. Svein Tuft, Langley, B.C., Orica Greenedge, 21:46.

OVERALL STANDINGS AFTER 17 OF 21 STAGES

1. Christopher Froome, England, Sky Pro Cycling, 65 hours, 15 minutes, 36 seconds; 2. Bauke Mollema, Netherlands, Belkin Pro Cycling, 4:14 behind; 3. Alberto Contador, Spain, Team Saxo-Tinkoff, 4:25.

ALSO

72. Ryder Hesjedal, Victoria, B.C., Garmin - Sharp, 1:28:54; 137. David Veilleux, Cap-Rouge, Que., Team Europcar, 2:23:44; 179. Svein Tuft, Langley, B.C., Orica Greenedge, 2:57:30.

CFL

WEEK 4

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	3	1	2	0	83	97	2
Montreal	3	1	2	0	63	74	2
Winnipeg	3	1	2	0	72	74	2
Hamilton	3	1	2	0	79	89	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	3	3	0	0	114	67	6
Calgary	3	2	1	0	87	82	4
B.C.	3	2	1	0	73	63	4
Edmonton	3	1	2	0	51	76	2

Friday's game — All Times Eastern

Toronto at Winnipeg, 8 p.m.

Saturday's games

Montreal at Calgary, 7 p.m.

Edmonton at B.C., 10 p.m.

Sunday's game

Hamilton at Saskatchewan, 7 p.m.

SOCCER

MLS

Wednesday's games — All Times Eastern

New England at Colorado, 9 p.m.

Toronto FC at Chivas USA, 10:30 p.m.

Saturday's games

New York at Toronto FC, 4 p.m.

Colorado at Seattle, 4 p.m.

FC Dallas at Montreal, 7 p.m.

Portland at Philadelphia, 7:30 p.m.

New England at Columbus, 7:30 p.m.

D.C. at Chicago, 8:30 p.m.

Kansas City at Real Salt Lake, 10 p.m.

Vancouver at Los Angeles, 10:30 p.m.

UEFA

CHAMPIONS LEAGUE

Qualifying — Second Round

First Leg

Shakhtar Karagandy (Kazakhstan) 1 BATE (Belarus) 0
Dinamo Tbilisi (Georgia) 6 EB/Streymer (Faeroe Islands) 1
Fimleikafelag Hafnarfjarar (Iceland) 1 FK Ekranas (Lithuania) 0
FK Sutjeska (Montenegro) 1 Sheriff Tiraspol (Moldova) 1
Ste. Bucharest (Romania) 3 Vardar Skopje (Macedonia) 0
Viktoria Plzen (Czech Republic) 4 FK Zeljeznicar (Bosnia-Herzegovina) 3
NK Maribor (Slovenia) 0 Birkirkana FC (Malta) 0
Dinamo Zagreb (Croatia) 5 Fola (Luxembourg) 0

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Review. A new Mercedes for \$35,000?! Here it is ...

MALCOLM GUNN
wheelbasemedia.com

It might be hard to believe, but it appears as though Mercedes-Benz has caught the rest of the automotive world napping.

This fall, the automaker will introduce a front-wheel-drive sedan to North America that almost anyone pinning for a loaded-up Honda Accord, Ford Fusion or Toyota Camry can afford. But wait, as TV infomercial hawkers are fond of saying, "there's more". The 2014 CLA's sporty body cladding and other trim makes it appear far from stripped-down basic transportation, although with a sticker price that's a few ticks below \$35 grand, it's priced like one.

Other than being pulled by the front wheels (with all-wheel-drive optional), what's most unusual about the CLA is that it doesn't offer the kind

of roomy practicality that's given when it comes to nearly every mid-size sedan. That's because Mercedes stylists drew their inspiration from the larger CLS-class faux coupe, a low-slung, wind-cheating luxury ride that remains one of the most imitated models on the planet (see Aston Martin Rapide, Volkswagen CC, Audi A7 and Ford Fusion). Things get much simpler when it comes to powertrain offerings.

The first-to-arrive CLA250 that heads here this September from its home base in Hungary comes with a turbocharged 2.0-litre four-cylinder engine that produces 208 horsepower and 258 pound-feet of torque at an engine speed that's just above idle. This helps propel the car to 100 km/h from rest in a quick 6.7 seconds, as recorded by Mercedes-Benz.

When the launch party has concluded, M-B will ship the CLA45 AMG to North America. This performance model also features a 2.0-litre turbo-four, only the block has been strengthened and a higher-output turbocharger produces

Interior & Technology

Both driver and front-seat passenger are treated to greater comfort, but the one discordant note is an infotainment/nav screen that protrudes above the fresh-air vents as if it were an afterthought. You also get plenty of tiny push-button controls to play with that will require practice to master.

Fuel economy

To assist in the fuel-economy department, the CLA250 uses technology that shuts off the engine when the car comes to a stop, such as at a red light. Once the brake pedal is released, the CLA starts right back up.

Design

The CLA's aero design looks are pencil-sharp, but you should think twice if transporting four or more adults is on your agenda. Even though the CLA is physically larger than the previously base C-class sedan, function follows form and the form in this case is a lowered roofline that restricts rear headroom.

nearly twice the boost of the CLA250's. The result is 355 horsepower and 322 pound-feet of torque. The AMG is expected to shorten the CLA's zero-100 km/h times by about two seconds.

Both models use a seven-speed dual-clutch automated manual transmission with paddle shifters, but the AMG adds 4MATIC all-wheel-drive that sends up to 50 per cent of the torque to the rear wheels, as needed. 4MATIC will be included on the CLA250's options list later in the model year.

Already that list is a long one, even though base CLA250 models will arrive with plenty of content, including a sport suspension, Attention Assist that warns the driver should they nod off at the wheel. Collision Prevention Assist warns when a forward collision appears probable and will apply the brakes if the driver doesn't.

Of the various equipment groupings available, the Premium Package is expected to be one of the most popular since it adds dual-zone climate control, heated front seats, auto

dimming mirrors, a garage door opener and a premium Harmon-Kardon surround-sound system. Much of this equipment and then some will be added to the CLA45 AMG, but will also be reflected in the car's list price that's expected to nudge the \$60,000 mark.

For those with thinner wallets, the \$35k Mercedes-Benz CLA250 should do just fine. Its show-stealing shape is practical enough for singles or small families. It might even turn competing sedan marketers into copycats.

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2007-2013 Nissan Versa Hatchback

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Fuel-efficiency, comfort and a bigger-than-it-looks cabin helped set the Nissan Versa hatchback apart in the marketplace — and formed the foundation for a successful and flexible hatchback model from the Japanese automaker. Five doors, four cylinders and a generous 2,682 litres of interior volume helped cement the model's reputation for top-line spaciousness and fuel economy in a compact and easy-to-drive package.

Feature content included a premium audio system, Bluetooth, an intelligent key system, and an exciting sport package. Key competitors included the Toyota Yaris and Honda Fit.

Common issues

Once the model you're test-driving is warmed up, kill the stereo and climate control fan and stop the vehicle, leaving the automatic or CVT transmission in "Drive". You're listening for a rattling noise which could be the result of a loose or improperly-installed motor mount. Though rare, there have been reports of "piston slap" during cold starts, as well as potential oil burning, as a precursor to engine failure. This issue



HANDOUT

only seems to have affected a handful of units — but be sure the Versa Hatch you're considering sounds healthy at idle with the hood popped, that it performs smoothly and doesn't make any unwelcome noises. A mechanic can help.

The Continually Variable Transmission seems to be fairly worry-free, though some owners have reported issues and replacement under warranty. Possible trouble signs include a rattling noise, difficulty shifting between reverse and drive and sporadic behaviour in terms of revving and shifting. Shoppers concerned with the CVT can have a Nissan mechanic test-drive the vehicle they're considering, or simply opt for a unit with the manual transmission.

What owners like



Versa Hatchback earned praise for generous headroom and cargo capacity, easy entry and exit, decent performance and plenty of space and flexibility for easy adaptability to a variety of tasks, trips and lifestyles.

What owners dislike



Many owners wish their Versa Hatchback was sportier. Though performance was said to be decent, it wasn't exciting — and a numb steering feel and soft-set suspension didn't do the handling any favours, either.

Engine



All models were powered by a 1.8 litre four-cylinder engine with 122 horsepower. Transmission choices included a six-speed manual, a four-speed automatic or an Xtronic CVT transmission, depending on the model selected.

The verdict

Nissan's shot at the Toyota Yaris and Honda Fit boasted surprising spaciousness and comfort — and it looks fairly reliable, too. A well-maintained model with five-speed manual transmission is ideal for long-term confidence.

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Mike Goetz
drive@metronews.ca

Darwin's Theory of Evolution not only applies to flora and fauna, but also to automotive design. When an automotive design mutation shows up that aids the survival of a particular model, the mutation is selected to be passed on to the next generation of vehicles.

One such successful mutation we're suddenly seeing passed on to more and more vehicles is the four-door sedan with a "no-trunk look."

Sedans have historically had what designers call a three-box layout; one box for the engine, another box for

the occupants, and another box for the trunk. Now we're seeing four-door sedans in a one-box or two-box layout. Trunks are being incorporated into the main box. They no longer have a box of their own. I don't know if that makes trunks sad, but we should probably take it easy on them for a while, just to be nice.

Three factors are pushing trunk design in this direction.

Aerodynamics

The higher and shorter you can make the trunk lid, the better it is for aerodynamics, and aerodynamics nets you lots of good stuff, like fuel efficiency and high-speed stability.

Capacity and space efficiency

The long and low trunk stuck on like an appendage, is not as space efficient as a taller, shorter, and squarer trunk that has also expropriated some of the occupant box.

Aesthetics

Four-door sedans with small trunks, like the new

Mercedes-Benz CLA, or four-door sedans with a hatch-like lift-up tailgate, like the Audi A7, just look sleeker.

And with this development we have to evolve the terminology as well. Automakers seem disinclined to even call them "sedans," sensing that the term might have too much old-world baggage (in their trunks and elsewhere). Mercedes-Benz refers to the CLS-Class a four-door coupe, and the full name of the A7 is the Audi A7 Sportback.

Commenting on this development in his blog, Luca Ciferri, the European correspondent for the trade publication, Automotive News, mused that, "as these new interpretations of the classic sedan move from being one-offs to full-fledged model lines it is easy to see that we are entering the post-sedan era."

I think it will be an exciting era. Maybe not as exciting as the post-apocalyptic era, you know, the one with all those zombies, but things should be happening.



The Audi A7 coupe's trunk merges into the rest of the vehicle and increase the car's aerodynamic capabilities.



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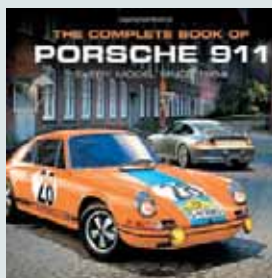
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Parts Department

WHEELBASE MEDIA

911 at 50

Rabid Porsche fanatics already know this, but 2014 marks the 50th anniversary of the auto-maker's iconic 911 sports car. To commemorate this milestone, author Randy Leffingwell has composed *The Complete Book of Porsche 911: Every Model since 1964*. His 288-page tome examines in chronological and pictorial detail the history of the marque, including a review of prototypes and competition versions. Also included is a statistical documentation of the 911's evolution through the past five decades plus production numbers for each year. Leffingwell's *The Complete Book of Porsche 911* is originally listed for \$45 but motorbooks.com and amazon.com will sell you a copy in the low \$30 range.



Hold the phone

Hands-free is the only way to drive, and one of the only ways to use your Apple iPhone or Samsung Galaxy in your vehicle is to mount it to a RAM Universal X-Grip holder. The rustproof device features a suction cup that secures it to glass or non-porous plastic surface, or a RAM adhesive disk. The spring-loaded four-leg X-Grip expands and contracts so it can hold a variety of cellphones securely in place with or without their protective cases attached, while the patented pivoting rubber-ball-and-socket system lets you adjust and articulate the phone to virtually any position. The RAM X-Grip is priced at \$53, but the company also sells a variety of tablet holders starting at \$57.50. Visit rammount.com.



When simplicity is key

If you believe that simple is better, the Minimalist II combination key holder and bottle opener might be for you. Since 1950, California-based J.L. Lawson and Co. has specialized in designing and machining low-volume products that are made from hot rolled steel. The company's "key shackle" is designed to contain just a few keys (that's why it's called Minimalist, of course), but it also comes with a ring for car fobs and keys with built-in remotes. Each key holder is coated with metal oil and wax that helps slow corrosion. Choose from the blackened patina or stainless-steel versions with prices ranging from \$42 to \$58. View the company's product line at jllawsonco.com.



Film star

You need more than just washing and waxing to protect your vehicle's finish. That's the point of 3M's Paint Defender System. Once the painted surfaces (hoods, bumpers, rocker panels, etc.) have been masked off, cleaned and waxed, the liquid product is then applied using a special spray trigger. Once dry, Paint Defender turns to a clear film that protects against rocks, bugs, dings and scratches for up to one year. To remove, the coating peels off as if you're removing plastic wrap, without harming the vehicle. Paint Defender sells for \$25, but the separate sprayer is \$8 while the optional prep package containing plastic sheeting and masking tape is another \$12. For more info and complete dealer list go to 3MAuto.com.



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*Lease offers are available through Acura Financial Services Inc. on approved credit. 2013 ILX Premium 5-speed automatic (Model DE1F5DJN) leased at 0.9% APR for 48 months. Bi-weekly payment is \$138 (includes \$1,945 freight & PDI), with \$2,200 (\$4,500 less \$2,300 delivery credit to retailer) down payment. First payment, \$100 excise tax, \$20 new tire surcharge, \$6.25 AMVIC fee and \$0 security deposit due at lease inception. Total lease obligation is \$16,678.25. Option to purchase at lease end for \$13,823 plus taxes. 80,000 kilometre allowance; charge of \$0.15/km for excess kilometres. GST, license, insurance and registration are extra. \$3,000 cash purchase incentive available on all 2013 ILX models. Savings will be deducted from the negotiated price before taxes. Acura cash purchase incentive cannot be combined with special lease or finance offer. Retailer may lease for less. Retailer order/trade may be necessary. Vehicles shown for illustration purposes only. Offers are only valid for Alberta residents at Alberta Acura retailers until July 31, 2013. See your Calgary Acura retailer for full details.

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of \$16,385/\$26,600 for a new 2013 Jetta 2.0L / 2013 Tiguan 2.0T base model with 5/6-speed manual transmission, including \$1,395/\$1,610 freight and PDI, financed at 1.9%/2.9% APR for 84 months equals 182 bi-weekly payments of \$97/\$162. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is \$1,127/\$2,824 for a total obligation of \$17,512/\$29,424. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell for less. Dealer order/trade may be necessary. Offers end July 31, 2013 and are subject to change or cancellation without notice. Models shown: 2013 Jetta 2.5L Highline / Tiguan 2.0T Highline R-Line, with options and accessories, \$25,985/\$42,985. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2013 Volkswagen Canada.

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Putting the Ow! in Audi: Car tops sleazy poll

Illicit Encounters.

Cheating UK website lists the German brand as the favourite vehicle of its unfaithful customers

A new poll by the popular U.K. website Illicit Encounters, which caters to married people who cheat on their spouse, reveals that a massive 22.21 per cent of their users drive Audis.

In a followup to last year's poll, BMW drivers have slipped into second place, Carbuzz reports.

And while this is hardly the most empirical evidence in existence, it does suggest a certain psycholog-

ical bent, Illicit Encounters spokesman Mike Taylor said on the company's blog.

"Cars can reveal a lot about their owners," Taylor said. "All the cars in the top five represent our members; they are typically successful, motivated, high achievers who are less likely to settle for something they find unsatisfying, be it a car or a relationship. Car manufacturers know this and Mercedes even famously used infidelity to advertise their cars with the banned 'Not In This Weather' advert."

It seems German manufacturers are the most favoured by Illicit Encounters members with Mercedes Benz coming in third in the study of the dating site's 800,000 members, while the

Quick and flashy?

"Cars can reveal a lot about their owners."

Mike Taylor, Illicit Encounters spokesman

exception, Volvo (Swedish), came forth and Volkswagen finished the top 5.

The car brands with the fewest number of adulterers were French (Peugeot and Renault).

The website's poll also found that 72 per cent of Illicit Encounters members were likely to change cars within three years to refresh to a newer brand or model. Make of that what you will.

WHEELS.CA



Naughty wheels: The number one car brand used by cheaters is the Audi, based on a survey. iSTOCK

Horoscopes

Aries

March 21 - April 20

There are so many positive factors at work in your life that you would be a fool not to set your sights high. Uranus, planet of changes, urges you to be adventurous. But do you really need encouragement?

Taurus

April 21 - May 21

Not even a Taurus can be confident all the time and there will be times today when you fear the worst. Take a long, hard look at your life but don't change things just because you're feeling low.

Gemini

May 22 - June 21

You will be spreading your opinions over the next 24 hours. Not everyone will agree with you, of course, but because you say it with such confidence it's unlikely they will argue with you.

Cancer

June 22 - July 23

Employers are on your side now, so think how you would like to move up in the world then let them know you are ready. If in doubt, aim to do something completely different to what you usually do.

Leo

July 24 - Aug. 23

Travel is very much on the cards today. You don't need to have a specific destination in mind, just get up and go where your fancy takes you and you are guaranteed to have fun.

Virgo

Aug. 24 - Sept. 23

Get your financial house in order. Now is the perfect time to make changes in your cash flow habits. Be aware of how wasteful you have been.

Libra

Sept. 24 - Oct. 23

You will face challenges today but you don't have to face them alone. Loved ones are always there for you and will stand by your side if you ask. Chances are you will come through unscathed.

Scorpio

Oct. 24 - Nov. 22

Cosmic activity in the work area of your chart means others expect you to deliver. The last thing you want is to let them down. Pace yourself sensibly and get it done.

Sagittarius

Nov. 23 - Dec. 21

You may be in an assertive mood but don't pick fights with people just for fun. It's good to let off steam but it's not good if you end up making enemies of people.

Capricorn

Dec. 22 - Jan. 20

Creative matters will go well today but you must not neglect affairs of the heart. Someone needs to be reminded of your passion and commitment, most likely because you have been a bit distant lately.

Aquarius

Jan. 21 - Feb. 19

You have plenty to say and you could cause a bit of friction if you come on too strong. Sometimes it pays to steer clear of facts that others may not want to hear.

Pisces

Feb. 20 - March 20

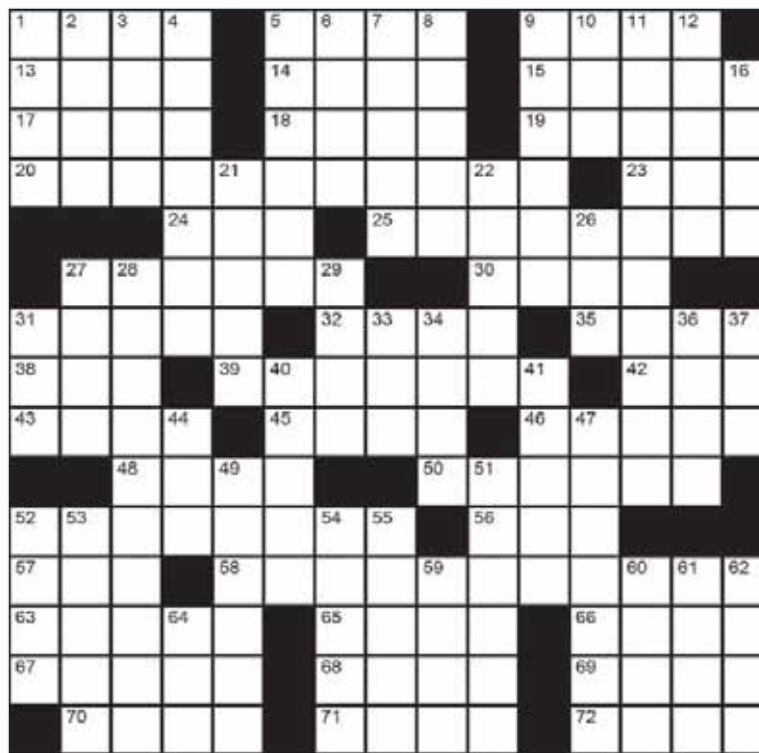
Positive cosmic activity in the money area of your chart will give you the courage to make much-needed changes. You may have to cut back on luxuries for a week or two.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Ms. Helgenberger
- Monsieur Le Pew
- Valley
- Mideast chieftain, variantly
- Q. "Do you prefer FM radio ____?" A. "Both, actually."
- Verbal tests
- The Ramayana heroine
- Certain cracker
- Surrealist artist Max
- Toxic clean-up togs: 2 wds.
- ____ casting
- Gladiator's 1002
- Glass Tiger lead singer: 2 wds.
- Strong military city of ancient Greece
- Decorative case
- Sound loudly, as a radio
- Singer/songwriter Lisa
- Company bosses, collectively [abbr.]
- Mouth, slang-style
- Nuclear ____
- Bit of Beatles: "Isn't ____ bit like..."
- She sheeps
- Non-vegetarian fare
- Band of eight
- Value
- Have ____ of energy
- Who The Band backed: 2 wds.
- Riddle-me-____



- "...am right ____ am wrong..." - The Beatles
- ____ and Immigration Canada
- "Blame It ____" (1984) starring Michael Caine
- First name letter,

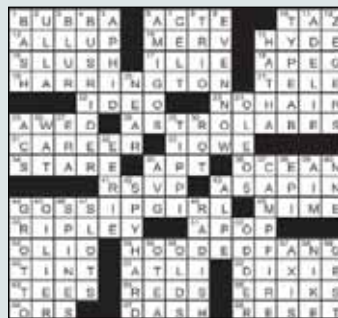
- e.g.
- Ms. Reid
- Celebrity chef Mr. DiSpirito
- Quash
- Creams company
- Subsequently
- "____ Brockovich"
- Opposites of ouis

Down

- Bangers and ____ (Pub serving)
- "What ____ mind reader?"
- Crackers brand
- It's about sentences, etc.
- Sticky notes brand
- Ancient Greece's love god
- The Taming of the Shrew setting
- Internet mode of communication
- Platinum Blonde hit: "____ Really Matter"
- ETA part, for short

- First Nation concern: 2 wds.
- Vintage dairy products cow
- Goulash
- Broadcaster
- Billy Blanks fitness system: 2 wds.
- Fee-fi-fo-____
- Shredded cabbage
- Alternate name of Saskatchewan's provincial tree: 2 wds.
- Winglike parts
- "Adieu."
- Wood sorrel
- Songstress Ms. James
- Encounter
- Rat-a-____
- Ms. Sande of recent hit "Next to Me"
- 1431: French city where Joan of Arc was executed
- Down
- BC locale of Columbia Brewery
- Mogul
- Cape ____ Island
- Barbarian
- "Ripley's Believe It" finisher: 2 wds.
- "Decor" finishing?
- Ten-er - One-er = What-er?
- Tube-shaped pasta
- Beyonce ballad
- Persia, nowadays
- Remunerations
- Drink chiller

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY



MAX: 23°
MIN: 11°



MAX: 22°
MIN: 13°



MAX: 26°
MIN: 18°



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